



## EDIBLE FLOWERS

Flowers aren't just for looks! There are many ornamental, herb, fruit, and vegetable flowers that can be used in the kitchen to enhance your cooking. Just be careful and do your research before using varieties you're not familiar with - not all parts of every flower are edible, even the ones on this list.

Do's and don'ts before you pick:

**DO** eat flowers only if you are certain they are edible; consult a reference book if you don't know.

**DO** wash flowers before eating.

**DON'T** eat flowers if they've been sprayed with pesticides unsafe for edibles.

**DON'T** eat flowers from florists, garden centers, or picked from the side of the road.

**DO** introduce edible flowers slowly into your diet; too much at once can upset your digestive system.

**DO** eat only the flower petals in most cases (exceptions include pansies and violas).

PLANT	FLAVOR	USE IN
<b>Allium</b> (chives, shallots, garlic, onions)	spicy, oniony, garlicky	soups, salads, any dish already calling for the herb
<b>Anise Hyssop</b> <i>Agastache foeniculum</i>	delicate licorice and anise, not unlike root beer	salads, Chinese-style dishes
<b>Arugula</b> <i>Eruca vesicaria</i>	very similar to leaf, spicy and peppery	salads, sandwiches
<b>Begonia</b> <i>Begonia</i>	Tuberous: citrus, sour Wax: slightly bitter	Tuberous: salads or garnish Wax: raw or cooked
<b>Borage</b> <i>Borago officinalis</i>	subtle cucumber	punches, lemonade, gin and tonics, sorbets, chilled soups and dips
<b>Broccoli</b> <i>Brassica oleracea</i>	mildly spicy	salads, stir fries, steamed dishes
<b>Calendula</b> <i>Calendula officinalis</i>	spicy to bitter, tangy to peppery; resembles saffron	soups, salads, pasta, rice dishes, herb butters, scrambled eggs
<b>Celosia</b> <i>Celosia argentea</i>	mild corn	soups, steamed, colorful garnish
<b>Chrysanthemum</b> <i>Chrysanthemum coronarium</i>	faintly peppery to cauliflower-like, tangy, bitter	blanched in a salad or used as a garnish, young leaves and stems can be stir-fried

<b>PLANT</b>	<b>FLAVOR</b>	<b>USE IN</b>
<b>Cornflower</b> <i>Centaurea cyanus</i>	slightly sweet to spicy, clove-like	colorful garnish or food dye
<b>Dianthus</b> <i>Dianthus caryophyllus</i>	sweet nutmeg, perfumy	wine, candy, cake decoration, salad garnish
<b>Dandelion</b> <i>Taraxacum officinale</i>	sweet, honey-like buds that get bitter as they mature	rice dishes, salads (raw or steamed)
<b>English Daisy</b> <i>Bellis perennis</i>	bitter	colorful garnish; use for looks rather than taste
<b>Gladiolus</b> <i>Gladiolus</i> spp.	vaguely vegetal	salad garnish, stuffed, or a receptacle for spreads or mousses
<b>Hollyhock</b> <i>Alcea rosea</i>	somewhat bland, vegetal	decorative garnish; use for looks rather than taste
<b>Impatiens</b> <i>Impatiens walleriana</i>	sweet	salads, drinks
<b>Johnny Jump-Ups</b> <i>Viola tricolor</i>	mild wintergreen	salads, drinks, soups, desserts, with soft cheeses
<b>Lavender</b> <i>Lavandula angustifolia</i>	sweetly floral with notes of lemon	champagne, chocolate cake, sorbets and ice creams
<b>Lemon Verbena</b> <i>Aloysia triphylla</i>	delightfully citrusy	herbal teas, custards and flans
<b>Lilac</b> <i>Syringa vulgaris</i>	slightly bitter with hints of lemon and floral overtones	salads, crystallized with egg whites and sugar
<b>Marigold</b> <i>Tagetes</i> sp.	herbaceous, floral, pleasantly bitter	soups, salads, tea, or a substitute for saffron
<b>Nasturtium</b> <i>Tropaeolum majus</i>	sweet to peppery, similar to watercress	salads, appetizer garnish, stuffed with spreads or mousses, or even pickled
<b>Pansy</b> <i>Viola x wittrockiana</i>	vaguely grassy	fruit or regular salads, desserts, soups, colorful garnish
<b>Pea**</b> <i>Pisum</i> species	sweet and crunchy	salads, decorative garnish
<b>Perennial Phlox</b> <i>Phlox paniculata</i>	slightly spicy	fruit salads
<b>Primrose</b> <i>Primula vulgaris</i>	sweet to bland	salads, cooked as a vegetable, fermented into wine, pickled
<b>Radish</b> <i>Raphanus sativus</i>	spicy bite	salads (raw or sautéed)
<b>Rose</b> <i>Rosa</i> sp.	sweet with subtle undertones ranging from fruity to minty to spicy	salads, punches, ice cream, desserts, syrups, jellies, butter, frozen in ice cubes
<b>Scarlet Runner Bean</b> <i>Phaseolus coccineus</i>	mildly vegetal	soups, salads
<b>Scented Geranium</b> <i>Pelargonium</i> spp.	corresponds to variety, usually citrusy, spicy, or flowery	desserts, drinks, frozen in ice cubes
<b>Squash</b> <i>Cucurbita</i> spp.	hint of raw squash	stuffed with spreads or mousses
<b>Sunflower</b> <i>Helianthus annuus</i>	similar to artichoke, bittersweet	steamed like artichokes
<b>Violet</b> <i>Viola</i> spp.	sweet and perfumy	salads, desserts, drinks, punches, frozen into ice cubes, or crystallized
<b>Yucca</b> <i>Yucca</i> spp.	crunchy, mildly sweet, artichoke-like	salads, garnish

\*\*Don't confuse *Pisum* species with ornamental sweet peas (*Lathyrus odoratus*), which are poisonous