

10 COMMANDMENTS OF EDIBLE FLOWERS

1. Eat only those flowers you can positively identify as safe and edible. Learn the Latin or botanical names, which are universally accepted (common names may vary from region to region).
2. Do not assume that restaurants and caterers always know which flowers are edible. Just because it is on your plate does not mean it is edible (see Rule #1).
3. Eat only those flowers that have been grown organically.
4. Do not eat flowers from florists, nurseries, garden centers or public gardens (see Rule #3).
5. Do not eat flowers if you have hay fever, asthma or allergies.
6. Do not eat flowers picked from the side of heavily trafficked roads.
7. Eat only the petals of flowers; always remove and discard the pistils and stamens before eating. (Except for the tiny flowers like thyme where it would be like performing microsurgery to remove the pistils and stamens.)
8. Not all sweet-smelling flowers are edible; some are poisonous.
9. Eat only the flowers of the recommended plants; other parts may be toxic or inedible, even though the flower may be delicious.
10. Gradually introduce flowers into your diet - one at a time and in small quantities, the way you would new food to a baby.

* An excellent reference is the book *Edible Flowers from Garden to Palate* by Cathy Wilkinson Barash, with 280 recipes for 67 different flowers.

EDIBLE FLOWERS from Garden to Palate

FLOWERS

COMMON NAME

BOTANIC NAME

FLAVOR

licorice
mint
* Anise hyssop

Agastache foeniculum

Licorice

Apple

Malus spp.

Floral

Arugula

Eruca vesicaria sativa

Peppery

Banana

Musa spp.

Sweet

Basil

Ocimum basilicum

Herbal

* Bee balm

Monarda didyma

Spicy/sweet

Borage

Borago officinalis

Cucumber

Broccoli

Brassica oleracea, Botrytis group

Spicy

Mexican
Calendula

Calendula officinalis

Slightly bitter

Canary creeper

Tropaeolum peregrinum

Peppery

Chamomile

Anthemis nobilis

Apple

Chicory

Cichorium intybus

Slightly bitter

Chives

Allium schoenoprasum

Oniony

Chrysanthemum

Dendranthema grandiflorum

Mild to sl. bitter

Coriander (Cilantro)

Coriandrum sativum

Herbal

Dandelion

Taraxacum officinale

Sweet-sl. bitter

* Daylily

Hemerocallis spp.

Sweet to vegetal

* Dianthus

Dianthus caryophyllus

Sweet, clove

Dill

Anethum graveolens

Herbal

Elderberry

Sambucus canadensis

Sweet

* English daisy

Bellis perennis

Slightly bitter

Fennel

Foeniculum vulgare

Herbal

Garlic chives

Allium tuberosum

Garlicky

Scrub Geranium

- Hibiscus
- * Hollyhock
- Honeysuckle
- Hyssop
- Japanese plum
- Jasmine
- Johnny-jump-up
- Kale
- Lavender
- * Lemon
- Lemon verbena
- Lilac

Basswood

- Linde
- Marjoram
- Mint
- Mustard
- Nasturtium
- Nodding onion
- Okra
- Orange
- Oregano
- Pansy
- Pea
- Pineapple guava
- Pineapple sage
- Radish
- Red clover
- Redbud
- Rose
- Rose of Sharon
- Roselle
- Rosemary
- Runner bean
- Safflower
- Sage
- * Scented geranium
- Signet marigold
- Shungiku
- Society garlic
- Squash blossoms
- Summer savory
- Sunflower
- Sweet woodruff
- Thyme
- Tuberous begonia
- Tulip
- Violet
- Winter savory
- Yucca
- Spiderwort
- Bachelor's Buttons

- Hibiscus rosa-sinensis*
- Alcea rosea*
- Lonicera japonica*
- Hyssopus officinalis*
- Prunus 'Mume'*
- Jasminum sambac* & *J. officinale*
- Viola tricolor*
- Brassica oleracea*, Acephala group
- Lavandula* spp.
- Citrus limon*
- Aloysia triphylla*
- * *Syringa* spp.
- * *Tilia* spp.
- Origanum vulgare*
- Mentha* spp.
- Brassica juncea*
- Tropaeolum majus*
- Allium cernuum*
- Abelmoschus esculentus*
- Citrus sinensis*
- Origanum* spp.
- Viola x wittrockiana*
- Pisum sativum*
- Feijoa sellowiana*
- Salvia elegans*
- Raphanus sativus*
- Trifolium pratense*
- Cercis canadensis*
- Rosa* spp.
- Hibiscus syriacus*
- Hibiscus sabdariffa*
- Rosmarinus officinalis*
- Phaseolus coccineus*
- Carthamus tinctorius*
- Salvia officinalis*
- Pelargonium* spp.
- Tagetes signata* (*T. tenuifolia*)
- Chrysanthemum coronarium*
- Tulbaghia violacea*
- Curcubita pepo* spp.
- Satureja hortensis*
- Helianthus annuus*
- Galium odoratum*
- Thymus* spp.
- Begonia x tuberhybrida*
- Tulipa* spp.
- Viola odorata*
- Satureja montana*
- Yucca* spp.
- Tradescantia virginiana*
- Centaurea cyanus*

- Mild citrus
- Mild nutty
- Sweet floral
- Strong herbal
- Sweet almond
- Sweet floral
- Sl. minty
- Spicy
- Strong floral
- Sweet citrus
- Sweet citrus
- Floral
- Sweet
- Herbal
- Minty
- Spicy
- Peppery
- Oniony
- Mild, sweet
- Sweet citrus
- Herbal
- Slight minty
- Pea-like
- Sweet tropical
- Spicy sweet
- Peppery
- Sweet
- Pea-like
- Floral
- Mild
- Mild citrus
- Herbal
- Bean-like
- Bitter
- Herbal
- Floral
- Citrusy tarragon
- Sl. bitter
- Sweet garlicky
- Vegetal
- Herbal
- Bittersweet
- Fresh, sweet
- Herbal
- Citrus
- Bean- or pea-like
- Sweet floral
- Herbal
- Sweet
- sweet
- Sweet