



There are also edible flowers that have very little flavor but add a splash of color to salads and are excellent used as a garnish. These would include **dianthus**, **marigold** petals, and **calendula** petals.

**Pansies** and **violets** are beautiful as decorations on top of salads, frosted cakes, or frozen into ice cubes for summertime drinks.

And no list of edible flowers is complete without mentioning the most universally available flower there is – the **dandelion**. Pick dandelions only from areas you know are not sprayed with fertilizer or herbicides and where there are no frequent pet visits. Make a unique appetizer by battering and frying the largest blossoms you can find. Delicious!

Find more information at  
[rplmn.org/seed](http://rplmn.org/seed)

This is just a partial list of the edible flowers you may have growing around you. Before tasting anything you aren't complete sure of, check with reliable sources, like those listed below:

- *The Edible Flower Garden* by Rosalind Creasy
- *Cooking with Flowers* by Miche Bacher
- *Edible Flowers: A Kitchen Companion* by Kitty Morse and Amy Stirnkorb
- *The Complete Guide to Edible Wild Plants for Beginners* by Geoffrey Richards

## CREDITS

<https://www.seedsavers.org/empress-of-india-nasturtium-flower>

<https://www.seedsavers.org/chives-organic-herb>

<https://www.seedsavers.org/historic-pansies-mix-flower>

<https://www.seedsavers.org/scarlet-runner-bean>

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# EDIBLE FLOWERS



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## EDIBLE FLOWERS

Wherever there are people, there are probably flowers being grown. Beloved for their scents, bright colors and beauty, we plant them in pots, gardens and all over our landscapes. There is something about flowers that lifts our spirits and brings us joy. Flowers are also a valuable food source for a multitude of pollinating insects. The pollen and nectar in the blossoms are food for them and attracting the insects into our gardens increases food production for us. But flowers aren't only food for insects. Many types of flowers are edible for humans too. By expanding our concept of food to include the wide-ranging possibilities of flowers, we open up a whole new dimension of interesting flavors and colors to harvest from the garden.

Keep in mind that flowers in the garden eventually become fruit that later can yield seeds. Be sure to leave enough flowers on any given plant to provide a good harvest of the main crop. Also, always be careful to check the flowers for insects before eating!



## FLOWERS FROM THE FOOD GARDEN

The large yellow blossoms on **zucchini** and other squash plants are one of the most recognized and utilized edible flowers. Their delicate flavor and large size make them perfect for stuffing and sauteing.

**Scarlet Runner Beans** and **peas** both have delicious flowers that taste very similar to the pods they are best known for. Eat them raw or cooked, but make sure to leave some to grow into beans and peas.

**Arugula**, a spicy, easy-to-grow green, is great in salads and sandwiches. It germinates and grows very quickly, then it also goes to flower rapidly. The flowers have a flavor similar to the leaves although a bit milder. **Radishes and mustards**, closely related to arugula and all in the Brassica family, have a similarly shaped flower with 4 petals and are also edible. In fact, the flowers of all brassicas are edible. Their flavors may vary. The easiest flowers to harvest will come from annual varieties like **annual kales**, **broccoli**, and **Chinese broccoli** which produce flowers in their first season.

Any **plants in the onion family**, but particularly **chives**, which reliably produce large quantities of blossoms each year, will produce pungent oniony-flavored flowers. The small blossoms can be sprinkled over salads, potatoes or any dish that could use a punch of flavor. An onion infused vinegar can easily be made by allowing onion flowers to steep in the vinegar for a few weeks.

Herbs, intensely aromatic plants used to



flavor dishes, are typically grown for their leaves, but the flowers are also edible and generally have the same flavor as the leaves. Some of the herb flowers you should consider trying are **basil**, **sage**, and the beautiful white flowers of **cilantro**. And let's not forget about **chamomile** which is grown for flowers that can be dried and used for tea.

## FOOD FROM THE FLOWER GARDEN

There are so many beautiful, ornamental flowers that have edible blossoms. They range from slightly sweet, to slightly bitter, to having a spicy kick. And flavors may vary between different varieties of the same flower. **Snapdragons** can vary widely in their flavor, depending on the variety and conditions they are grown under.

If you're looking for a peppery punch for your salad, try **nasturtium** flowers. Harvest the petals of **roses** and **peonies** for a flavor similar to a sweet lettuce. Purple and pink **borage** flowers have a cucumber-like flavor. **Hibiscus** petals are tart, with a citrus flavor.