

Edible Flowers

- Callendula (*Calendula officinalis*): Slight peppery taste, sprinkle petals in salads.
- Carnations (*Dianthus*): Lightly sweet taste, beautiful garnish for desserts and soft cheese.
- Cornflower (*Centaurea cyneus*): Mildly sweet to spicy, steep flower for natural pigment.
- Day Lillies (*Hemerocallis sp.*): Slightly sweet, mild flavor, great for stuffing.
- Fuchsia (*Fuchsia X Hybrida*): Slightly bitter flower, berries are slightly tart and lemony. Berries can be used in jams and syrups.
- Gladiolus (*Gladiolus sp.*): Nondescript taste, great for stuffing.
- Hibiscus (*Hibiscus rosa sinensis-sinensis*): Strong tart flavor, makes amazing iced tea.
- Hollyhock (*Alcea rosea*): Simple, nondescript flavor.
- Honeysuckle (*Lonicera japonica*): Sweet honey-like flavor.
- Impatiens (*Impatiens wallerana*): Sweet flavor, great garnish.
- Johnny Jump-Ups (*Viola tricolor*): Fresh, mild wintergreen flavor. Perfect garnish for drinks, salads and desserts.
- Lavender (*Lavandula*): Beautiful garnish, crystalized or fresh. Sprinkle in scone batter or muffins.
- Lilac (*Syringa vulgaris*): Can be slightly bitter, fragrance can overwhelm other flavors. Crystalize for garnish on desserts.
- Nasturtiums (*Tropaeolum majus*): Sweet to spicy flavors. Edible favorite, great garnish or addition to salads.
- Pansy (*Viola x wittrockiana*): Mild wintergreen flavor, beautiful garnish rolled over soft cheeses.
- Peony (*Paeonia lactiflora*): Float in punch bowls, sprinkle at base of cakes.
- Perennial Phlox (*Phlox paniculata* - **NOT AN ANNUAL!**): Slightly spicy, sprinkle in rice dishes.
- Primrose (*Primula vulgaris*): Mildly sweet taste, possibilities are endless. You can even ferment it into wine!
- Roses (*Rosa sp.*): Flavors can be mild, fruity and some spicy. The revered of all edible flowers. Adorn any dish with these beauties, use in jams and simple syrups for summer cocktails. Remove white portion of petal when preparing for recipes, this part is bitter.
- Sunflower (*Helianthus annuus*): Peppery flavor, sprinkle over salads or steam closed buds as you would an artichoke.
- Squash blossoms (*Cucurbitaceae* family): Stuff these little vessels with ricotta and deep fry!

Very Important

Always identify your edible flowers and know their source. Never eat flowers from the roadside or any plant that has been treated with chemicals. Be sure to remove pistils and stamens as these will have pollen and can exacerbate allergy symptoms. Most importantly, always eat new foods in moderation.