

## *Edible Flowers*

### **EDIBLE FLOWERS**

Flowers such as calendula, chamomile, dandelions, hibiscus and pansies are just a sample of the many flavorful delights found in your own backyard. These edible flowers and others are enjoyed in both your garden as well as in salads, soups, teas, desserts and drinks.

Here are some general guidelines for using flowers as an edible garnish or incorporating them into food:

- Make sure the flower is edible before consumption.
- If pest control products are necessary, use only those products labeled for use on edible crops, otherwise use organically grown flowers.
- Do not eat flowers from nurseries, garden centers or flower shops. Often they have been chemically treated with fertilizers or pest control products.
- Do not eat flowers growing on the sides of the road as they may have been treated with an herbicide.
- Eat only the flower petals - remove pistils and stamens.
- If you have allergies, introduce edible flowers gradually because some flowers may aggravate allergies.
- The flavour of different flowers may change throughout the season.

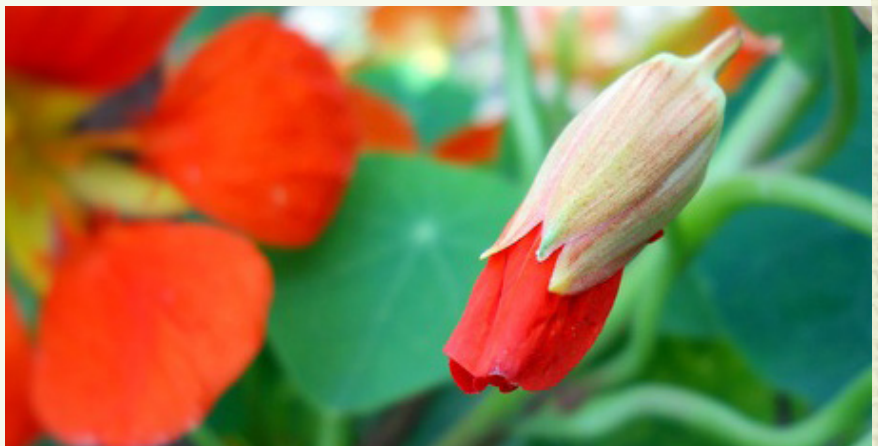
#### **Collecting flowers**

- Pick flowers when they are fully open - unless buds are desired.
- Sample a few flowers prior to harvesting.
- Remove pistils and stamens - pollen can detract from flavour as well as cause allergic reactions.

#### **After harvest**

Place long-stemmed flowers in water and place in cool location. Place short-stemmed flowers between layers of damp paper towel or in a plastic bag in the refrigerator.

Immediately before using, gently wash flowers to remove dirt and check for insects.



## SPRIT OF GARDENING

### Edible Flowers

#### Edible Annuals

African Violet	Anise	Artichoke	Pansy	Pineapple Sage	Geranium
Arugula	Bachelor's Button	Basil	Peppers	Purselane	Jasmine
Bay Laurel	Borage	Calendula	Poppy	Safflower	Lovage
Caraway	Carnations	Cardamon	Queen Anne's Lace	Savory	Mint
Catnip	Chamomile	Chervil	Sage	Scarlet Runner Bean	Oregano
Chives	Cilantro	Coriander	Snapdragon	Summer Savory	Savory
Cress	Cumin	Dianthus	Scented Geranium	Thyme	Squash Blossom
Dill	Fennel	Fuchsia	Sunflower	Parsley	Tarragon
Gardenia	Garlic	Marigold	Tuberous Begonia	Petunia	Rosemary
Hibiscus	Horseradish	Nasturtium	Mustard	Pumpkin	Snapdragon
Lemon Balm	Lemongrass	Marjoram	Violet		

#### Non Edible

Anemone	Anthurium	Autumn Crocus	Hellebore	Hydrangea	Ivy (English)
Azalea	Baneberry	Blanket Flowers	Iris	Jack-in-the-pulpit	Jonquill
Bleeding Heart	Bloodroot	Boxwood	Jerusalem Cherry	Lantana	Lily-of-the-valley
Burning Bush	Buttercup	Butterfly Weed	Leopard's Bane	Lobelia	Mayapple
Caladium	Calla	Castor Bean	Marsh Marigold	Mistletoe	Morning Glory
Cherry Laurel	Chinese Lantern	Chrysanthemum	Monkshood	Mountain Laurel	Ohio Buckeye
Clematis	Columbine	Daffodil	Nightshade	Oleander	Philodendron
Death Camas	Delphinium (larkspur)	Datura	Periwinkle	Pittosporum	Rhododendron
Dumbcane	Elephant Ears	Dour o'Clock	Potato	Schefflera	Star of Bethlehem

#### Edible Perennials

Allium	Sage	Honeysuckle
Angelica	Sorrel	Hops
Anise-Hyssop	Sweet Rocket	Johnny Jump Up
Beebalm	Sweet William	Lavender
Borage	Sweet Woodruff	Lilies
Catmint	Thyme	Mallow
Cattails	Tulips (petals)	Pinks
Chamomile	Violet	Primrose
Chives	Yarrow	Queen of the Meadow
Chrysanthemum	Yucca	Rhubarb
Clover	Daylily	Gladiola
Dandelion	English Daisy	Goutweed
Hollyhock	Evening Primrose	Grape Hyacinth

