



CULINARY
SERIES

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Edible Flower Chart

Alpine Strawberry (Fragaria alpina)	leaves are used in tea
Anise Hyssop	mauve flowers, anise undertones
Artichokes	
Aurgula	nutty, spicy, peppery flavor
Bachelors Buttons (Centaura cyanus)	use as garnish on salads
Basil	milder flavor than foliage
Bee Balm	spicy mint flavor, use flowers in salads
Borage	light cucumber flavor
Broccoli	
Burnet	mild cucumber flavor
Calendula	spicy, tangy, peppery add golden hue to food.
Cat Tails (Typha angustifolia)	sweet corn taste; young flowering stems can be eaten raw, cooked or made into a soup
Cauliflower	
Chamomile	sweet apple flavor
Chives	mild onion flavor
Chrysanthemum	slight to bitter flavor, use petals in salads
Citrus (lemon, lime, grapefruit)	waxy flowers, lemony flavor
Columbine (Aquilegia vulgaris)	sweet flavor
Coriander	pungent flavor
Dandelion	
Daylilies	sweet crunchy like flavor; crisp lettuce like
Dianthus	spicy, peppery, clove like sweet to spicy flavor
Dill	strong
Elderberry (Sambucus spp)	sweet flavor
English Daisy	mild to bitter flavor; remove white at bottom of petal; use as garnish or in salads
Fennel	sweet licorice flavor
Fuchsia (Fuchsia x hybrid)	acidic flavor, explosive colors and graceful shape make it ideal as garnish: berries are also edible
Garden Sorrel (Rumex acetosa)	tart lemony taste
Gardenia (Gardenia jasminoides)	light sweet flavor
Garlic Chives	mild garlicky flavor
Gem Marigolds (Lemon & Tangerine)	citrus tarragon flavor
Gladiolus	taste similar to lettuce (remove anthers)
Hollyhock (Alcea rosea)	lemon, waxy flavor; great as a garnish
Honeysuckle (Lonicera japonica)	sweet honey flavor
Impatiens (Impatiens walleriana)	very bland, non-descript flavor
Lavender	floral, slightly perfumed flavor
Lemon Balm (Melissa officinalis)	lemony, sweet flavor
Lemon Verbena	lemony flavor

Please turn the page for more information. ➡

Lilac	lemony, floral, pungent
Linden (Tilia spp)	small white to yellow flowers are honey flavored
Majoram	milder majoram flavor
Malus (apples & crabapples)	slightly floral to sour flavor
Mint	minty, milder than foliage
Mustard (Brassica sp)	
Nasturtium	buds are often pickled & used like capers; flowers & foliage are also edible
Oregano	milder flavor than foliage
Pansy	very mild sweet to tart flavor
Passionflower (Maypop)	calming herb: fresh & dried leaves of the Maypop are used to make tea
Pea Blossoms	WARNING: SWEET PEA FLOWERS ARE POISONOUS - GARDEN PEAS ARE NOT
Peony (Paeonia lactifolia)	petals are parboiled and sweetened, or add petals to salads, punches & teas
Petunia	mild tasting, use them as a garnish or in salads
Phlox (Phlox paniculata)	slightly spicy
Pineapple Guava	similar to the ripe fruit of the plant, flavorful
Pineapple Sage	sweet, fruity flavor
Primrose (Primula vulgaris)	bland to sweet flavor
Prunus spp	mild, flowery flavor - candies well
Radish	sweeter version of the radish
Redbud (Cercis canadensis)	mildly sweet beanlike to tart apple flavor
Ribes (Ribes odoratum)	yellow flowers have a sweet taste
Rose	varies by rose, remove white part at base of petal
Rose of Sharon (Hibiscus syriacus)	mild, nutty flavor
Rosemary	flowers have a milder flavor than foliage
Rosemary	pine like, sweet savory flavor
Sage (Salvia officinalis)	varies by type: subtler sage taste
Savory	tiny purple flowers, garnish, add to salads
Scarlet Runner Bean	bean like flavor
Scented Geraniums	varies per variety
Snapdragons (Antirrhinum majus)	bland to bitter flavor
Society Garlic	very mild garlic flavor
Spiderwort (Tradescantia virginia)	stem, leaves, and flowers are edible: eat raw or add to stews, garnishes on salads
Squash, Pumpkin & Zucchini	flowers can be fried, stuffed
Sunflower	leafy, slightly bitter, lightly steam petals to lessen bitterness; steam unopened flower buds like an artichoke
Sweet Woodruff	sweet, grassy, vanilla flavor
Thyme	flowers have a milder flavor than the foliage
Tuberous Begonia (Begonia x tuberosa)	only hybrids are edible: crisp, sour, lemony flavor
Tulip	varies from tulip to tulip: sweet lettuce/ pea flavor
Violets (Viola odorata)	sweet, candies well
Water Lily (Nymphaea odorata)	petals are parboiled and sweetened
Wood Sorrel (Oxalis)	foliage is edible, sour flavor
Yucca	petals are edible and have a crunchy, fresh flavor