

## Edible Flower Chart

Flower	Flavor	Suggested Uses
Alliums (Leeks, Chives, Garlic, Garlic Chives)	Flavors range from mild onions and leeks to stronger flavor	Cook leaves as a flavoring with other vegetables in soups Add to salads
Begonia	Flowers have a sour taste, so they're best used as a garnish or to create fancy ice cubes.	Use snipped petals as a garnish. Eat only in moderation as the petals contain oxalic acid. <u>Not</u> for people suffering from gout, kidney stones or rheumatism.
Basil	Flavor similar but milder than the plant.	Sprinkle over salad or pasta for their concentrated flavor and a spark of color
Bee Balm (Monarda didyma)	Tastes like oregano & mint	Use as you would oregano Leaves and petals can be used in fruit and regular salads Leaves can be used in a tea that will taste like Earl Gray tea
Borage	Mild cucumber flavor	Add to lemonade, punches, gin & tonics, sorbets, chilled soups, cheese tortas and dips Beautiful as well as flavorful!
Broccoli Flowers	Mild broccoli taste.	Add to salads Use as a garnish

Calendula	Flavors range from spicy to bitter, tangy to peppery. Taste resembles saffron. ONLY THE PETALS ARE EDIBLE	Sprinkle petals on soups, pasta, rice dishes, herb butters and salads Petals add a yellow tint to soups, spreads and scrambled eggs
Chervil	Anise flavor FLAVOR IS LOST WITH TOO MUCH DRYING OR HEAT	Add at the end of cooking or Sprinkle fresh, raw chervil in salads
Chrysanthemum	Tangy, bitter; they range in taste from faint peppery to mild cauliflower. BLANCHE FIRST ALWAYS REMOVE BITTER FLOWER BASE USE PETALS ONLY	Blanche, then scatter the petals on a salad The leaves can be used to flavor vinegar
Cilantro/Coriander	Strong herbal flavor, like the leaves and seeds. USE RAW; flavor fades when cooked.	Sprinkle to taste on salads, bean dishes and cold vegetable dishes
Dandelions	Flowers are sweetest when picked young. Buds are tastier than the flowers. Sweet, honey-like flavor.	Good raw or steamed Can be made into wine. Use dandelion petals like confetti over rice
Daylilies	Slightly mild vegetable flavor, like sweet lettuce or zucchini. To use the petals in desserts, cut them away from their bitter white base of the flower.	Stuff like squash blossoms. Garnish with a composed salad platter Decorate a frosted cake Sprinkle the large petals in a salad. In the spring, gather shoots 2-3" tall and use as a substitute for asparagus

Fennel	Mild anise flavor	Use with desserts or cold soups Garnish entrees
Lavender	Sweet floral flavor with lemon and citrus notes Note: A little goes a long way! Use too much, and your dish will be bitter.	Tea Desserts (see recipes) Add to salads Sub for rosemary in bread recipes Use the spikes or stems for making fruit or shrimp kabobs
Marigold Gem hybrids (only good-tasting one)	Citrusy tarragon flavor	Use petals in deviled eggs
Nasturtium	Pepper flavor; best eaten raw	Toss petals into a salad
Oregano		Add to tomato dishes and to flavor butter.
Ornamental Kale		Young leaves make a tasty and colorful addition to salads
Pansy	Slightly minty	Candy them. Use for decorating food (See recipes)
Pea	Sweet and taste like young peas	Add to salads or candy to decorate fish dishes or desserts. (vegetable pea only)
Pinks and other Dianthus	Sweet, clove-like taste. DO NOT EAT WHOLE. Remove individual petals.	Infuse petals in water for tea, or top a cracker and cheese with several petals Makes a delicious sorbet
Rosemary		Use with poultry or pork

Roses	May be tasteless, sweet, or slightly spicy	Chop the petals and mix with sugar. Let them infuse for a week; use for baking and desserts
Sage	Flowers taste similar to the leaves	Add to salads, pates, mustards and vinaigrettes
Squash Blossoms	Slightly sweet & savory	Fry Stuff with soft cheese - eat raw or baked Add to pasta sauce
Strawberry	Flowers retain their strawberry fragrance and taste.	Float petals in drinks, add to salads or candy them and add to desserts for decoration
Sunflower	The buds, petals and seeds are all edible	Add the petals to a green salad for a mild, nutty taste. Eat the kernels inside the seeds raw or toasted as a snack.
Sweet Marjoram		Use to flavor chicken and fish dishes, good for a hot tea
Tulips	Flavor ranges from pea to bean-like	Use petals as a low-calorie substitute for chips with a dip. DON'T EAT THE BUDS or in large quantities.
Viola	Lettuce-like flavor	Decorative addition to green salad or a pretty garnish on a dessert. Crystallize to decorate cakes, cookies & creamy desserts.

**Disclaimer:** Adams Fairacre Farms has researched the flowers listed in this chart. However, individuals consuming the flowers, plants or derivatives listed here do so entirely at their own risk. Adams Fairacre Farms always recommends following good hygiene practice. Adams Fairacre Farms cannot be held responsible for any adverse

reaction to the flowers. In case of doubt, consult your doctor.