

Edible Flowers

There are several flowers blossoms that can be enjoyed both fresh and cooked. Only eat flowers when you are absolutely certain they are edible. Never eat a flower that has been treated with a pesticide that was not labeled for use on food products.

Edible flowers should ideally be harvested in the cool, morning hours. If you are not going to be using the flowers immediately, cut them with the stems in tact and keep them in water. You could also store them in damp paper towels, in the refrigerator.



Common Name	Botanical Name	Type of plant	Edible Parts	Cautions
Anise-hyssop	Agastache foeniculum	Perennial	Flowers, Foliage	Eat in moderation
Apple blossoms	Malus sections	Tree	Flower petal	Eat in moderation
Arugula	Eruca vesicaria sativa	Annual Herb	Flowers, foliage	
Basil	Ocimum spp.	Annual Herb	Flowers, Foliage	
Beebalm	Monarda app.	Perennial	Flowers ,Foliage	
Begonia, Tuberous	Begonia (tuberous only)	Tender Perennial	Flower petal	Eat in moderation
Borage	Borage officinalis		Flower petal	
Broccoli	Brasica oleracia	Annual vegetable	Flower petal	
Burnet	Sanguisorba minor	Flowers, foliage		
Calendula	Calendula officinalis	Annual	Flower petal	Avoid eating flower center and pollen
Carnation	Dianthis cvarvophyllus	Perennial	Flower petal	Green calyx is bitter
Cauliflower	Brassica oleracea	Annual vegetable	Flower petal	
Chamomile, German	Matriciria recutita	Annual Herb	Flower petals	Avoid eating flower center and pollen.
Chervil	Anthriscus cerefolium	Flowers and foliage		
Chicory	Cichorium intybus	Perennial Herb	Flower petal	Avoid eating flower center and pollen.
Chives	Allium schoenoprasum	Perennial Herb	Flowers, foliage	
Chrysanthemum, Garden Mum	Chrysanthemum morifolium	Perennial	Flower petal	Avoid eating flower center and pollen.
Cilantro	Coriandrum sativum	Annual Herb	Flowers and foliage	
Clary sage	Salvia sclerea turkestanica	Biannual	Flower petals	
Cornflower, annual	Cxentaureqa cyanus	Annual	Flower petals	Avoid eating flower center and pollen
Cowslip primrose	Primula veris	Perennial	Flower petal	
Daylilies	Hermocallis	Perennial		
Dianthis	Dianthis spp.	Perennial	Flower petals	Green caylix is bitter
Dill	Anethum graveolens	Annual Herb	Flowers and foliage	
Elder,common	Sambucus nigra	Shrub	Flower heads, fruit	
English daisy	Bellis perennis	Biannual	Flower petal	Avoid eating flower center and pollen
Fennel	Foeniculum vulgare	Annual Herb	Flowers and foliage	
Fushia	Fushia sp.	Tender Perennial	Flower petals	
Garden pea	Pisum sativum	Annual Vegetable	Flower petals	
Garlic chives	Allium tuberosum	Perennial Herb	Flowers and foliage	
Geranium, scented	Pelargonium	Tender annual	Flower petals	
Gladiolus	Gladiolus spp.	Tender annuals	Flower petals	Avoid eating flower center and pollen

Common Name	Botanical Name	Type of plant	Edible Parts	Cautions
Hibiscus (indoor)	Hibiscus rosasinensis	Tropical plant	Flower petals	
Hollyhock	Alcea rosea	Biannual	Flower petals	
Hyssop	Hyssops officinalis	Perennial Herb	Flowers and foliage	
Lavender	Calendula spp.	Perennial Herb	Flower petals	
Lemon Balm	Melissa officinalis	Perennial Herb	Flowers and foliage	
Lemon blossoms	Citrus limon		Flower petals	
Lilac	Syringa vulgaris	Shrub	Flower petals	
Lovage	Levisticum officinale	Perennial herb	Flowers, foliage	Avoid eating flower center and pollen.
Marigold	Tagetes spp.	Annual	Flowers, foliage	Avoid eating flower center and pollen
Majoram	Origanum majorana	Annual Herb	Flowers, foliage	
Mint	Mentha spp.	Perennial Herb	Flowers, Foliage	
Mustard	Brassica spp.	Annual vegetable	Flower petals	
Nastursium	Tropaeolum majus	Annual Herb	Flowers and foliage	
Okra	Abelmoschus esculentus	Annual vegetable	Flower petals	
Orange blossoms	Citrus sinensis	Tropical	Flower petals	
Oregano	Oreganum vulgare	Perennial Herb	Flowers, foliage	
Ox-eye Daisy	Leucanthemum vulgare	Perennial	Flower petals	Avoid eating flower center and pollen
Pansies	Viola wittrockiana	Perennial, annual	Flower petals	
Peach blossoms	Prunus spp.	Tree Flower petals	Eat in moderation	
Plum blossoms	Prunus spp.	Tree	Petals	Moderation
Primrose, English	Primula vulgaris	Perennial	Flower petals	
Radish	Raphanus sativus	Annual vegetable	Flower petals	
Redbud, Eastern	Cercis Canadensis	Tree	Flower petals	
Rose	Rosa spp.	Shrub	Remove bitter ends	
Rosemary	Rosmarinus officinalis	Perennial Herb	Flowers and foliage	
Rose of sharron	Hibiscus syriacus	Shrub	Flower petals	
Safflower	Carthamus tinctorius	Annual	Flower petals	Avoid eating flower center and pollen
Sage, common	Salvia officinalis	Perennial Herb	Flowers, foliage	
Sage, Pineapple	Salvia elegans	Tender perennial herb	Flowers, foliage	
Savory summer	Satureja hortensis	Annual Herb	Flowers, foliage	
Savory, Winter	Satureja Montana	Perennial Herb	Flowers, foliage	
Scarlet runner bean	Phaseolus coccineus	Annual vegetable	Flower petals	
Society garlic	Tulbaghia violacea	Tender perennial herb	Flower petals	
Squash blossoms	Cucurbita spp.	Annual vegetable	Entire flowers	
Stripped mallow	Malva sylvestris	Biannual	Flower petals	
Sunflower	Helianthus annuus	Annual	Petals only	Avoid eating flower center and pollen
Sweet woodruff	Gallium odoros	Perennial	Entire flower	
Thyme	Thymus spp.	Perennial Herb	Flowers, foliage	
Violets	Viola spp.	Perennial, annual	F	Lower petals
Yucca	Yucca filamentosa	Perennial	Petals only	Eat in moderation
Zucchini blossom	Cucurbit spp.	Annual vegetable	Entire flower	

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Town & Country Gardens, Inc.

5800 S. Yellowstone Hwy. ▪ Idaho Falls, ID 83402 ▪ 522-5247
1300 East Oak ▪ Pocatello, ID 83201 ▪ 232-7985

www.tcgardens.com

