

Edible Flowers

Common Name	Botanical Name	Comments
Angelica	Angelica archangelica	May be skin allergen to some individuals. Good with fish and the stems are especially popular candied. Tastes like: celery-flavored.
Anise Hyssop	Agastache foeniculum	Tastes like: sweet, anise-like, licorice
Apple	Malus species	Eat in moderation; may contain cyanide precursors. Tastes like: delicate floral flavor
Arugula	Eruca vesicaria	Tastes like: nutty, spicy, peppery flavor
Basil	Ocimum basilicum	Tastes like: different varieties have different milder flavors of the corresponding leaves. Tastes like: lemon, mint.
Bee Balm	Monarda species	Also known as <i>bergamot</i> , it is used to make a tea with a flavor similar to Earl Grey Tea.
Borage	Borago officinalis	Taste like: light cucumber flavor.
Burnet	Sanguisorba minor	Tastes like: faint cucumber flavor, very mild.
Calendula*	Calendula officinalis	Tastes like: poor man's saffron, spicy, tangy, peppery, adds a golden hue to foods
Carnation	Dianthus caryophyllus (aka Dianthus)	Tastes like: spicy, peppery, clove-like
Chamomile*	Chamaemelum nobile	Tastes like: faint apple flavor, good as a tea
Chicory*	Cichorium intybus	Buds can be pickled.
Chives: Garden	Allium schoenoprasum	Tastes like: mild onion flavor.
Chives: Garlic	Allium tuberosum	Tastes like: garlicky flavor
Chrysanthemum: Garland*	Chrysanthemum coronarium	Tastes like: slight to bitter flavor, pungent
Citrus: Lemon	Citrus limon	Tastes like: waxy, pronounced flavor, use sparingly as an edible garnish, good for making citrus waters
Clover	Trifolium species	Raw flowerheads can be difficult to digest.
Coriander	Coriander sativum	Pungent. A prime ingredient in salsa and many Latino and Oriental dishes. Tastes like: Some palates detect a disagreeable soapy flavor while others adore it.
Cornflower*	Centaurea cynaus (aka Bachelor's Buttons)	Tastes like: sweet to spicy, clove-like
Dandelion*	Taraxacum officinalis	Tastes like: very young buds fried in butter taste similar to mushrooms. Makes a potent wine.
Day Lily	Hemerocallis species	Many Lilies (Lillium species) contain alkaloids and are NOT edible. Daylillies may act as a laxative. Tastes like: sweet, crunchy, like a crisp lettuce leaf, faintly like chestnuts or beans
Dill	Anthum graveolens	
English Daisy*	Bellis perennis	Tastes like: tangy, leafy
Fennel	Foeniculum vulgare	Tastes like: sweet, licorice flavor.
Fuchsia	Fuchsia X hybrida	Tastes like: slightly acidic
Gardenia	Gardenia jasminoides	Tastes like: light, sweet flavor
Gladiolus*	Gladiolus spp	Tastes like: similar to lettuce
Hibiscus	Hibiscus rosa-sinensis	Tastes like: slightly acidic, boiled makes a nice beverage
Hollyhock	Alcea rosea	Tastes like: very bland, nondescript flavor
Honeysuckle: Japanese	Lonicera japonica	Berries are highly poisonous. Do not eat them!
Hyssop	Hyssopus officinalis	Should be avoided by pregnant women and by those with hypertension and epilepsy.
Impatiens	Impatiens wallerana	Tastes like: very bland, nondescript flavor
Jasmine: Arabian	Jasminum sambac	Tastes like: delicate sweet flavor, used for teas.
Johnny-Jump-Up	Viola tricolor	Contains saponins and may be toxic in large amounts. Tastes like: sweet to bland flavor

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Lavender	Lavendula species	Lavender oil may be poisonous. Tastes like: floral, slightly perfumey flavor
Lemon Verbena	Aloysia triphylla	Tastes like: lemony flavor, usually steeped for tea
Lilac	Syringa vulgaris	Tastes like: lemony, floral, pungent
Mallow: Common	Malva sylvestris	Tastes like: sweet, delicate flavor
Marigold: Signet	Tagetes tenuifolia (aka T. signata)	Tastes like: spicy to bitter
Marjoram	Origanum majorana	
Mint	Mentha species	
Mustard	Brassica species	Eating in large amounts may cause red skin blotches.
Nasturtium	Tropaeolum majus	Buds are often pickled and used like capers. Tastes like: sweet, mildly pungent, peppery flavor
Okra	Abelmoschus esculentus (Hibiscus esculentus)	Tastes like: similar to squash blossoms
Pansy	Viola X wittrockiana	Tastes like: very mild sweet to tart flavor
Pea	Pisum species	Flowering ornamental sweet peas are poisonous.
Petunias		flowers of 'Petunia x hybrida,' or the common garden petunia, has flowers that are mild tasting. Good to use as a garnish.
Pineapple Guava	Feijoa sellowiana	Tastes like: similar to the ripe fruit of the plant, flavorful
Primrose	Primula vulgaris	Birdseye Primrose (P. farinosa) causes contact dermatitis. Tastes like: bland to sweet flavor
Radish	Raphanus sativus	Tastes like: milder, sweeter version of the more familiar radish heat
Redbud	Cercis canadensis	Tastes like: mildly sweet
Rose	Rosa rugosa or R. gallica officinalis	Tastes like: sweet, aromatic flavor, stronger fragrance produces a stronger flavor. Be sure to remove the bitter white portion of the petals. Rose hips are also edible (see Rose Hips Recipes).
Rosemary	Rosmarinus officinalis	Tastes like: pine-like, sweet, savory.
Runner Bean	Phaseolus coccineus	Tastes like: nectar, bean-like
Safflower*	Carthamus tinctorius	Another "poor man's saffron" without the pungent aroma or strong flavor of the real thing
Sage	Salvia officinalis	Sage should not be eaten in large amounts over a long period of time. Tastes like: varies by type.
Savory: Summer	Satureja hortensis	
Scented Geranium	Pelargonium species	Citronella variety may not be edible. Tastes like: varies with differing varieties from lemon to mint.
Snapdragon	Antirrhinum majus	Tastes like: bland to bitter flavor
Society Garlic	Tulbaghia violacea	Tastes like: a very mild garlic flavor
Squash Blossom	Cucurbita pepo species (aka Zucchini Blossom)	Tastes like: sweet, nectar flavor.
Sunflower*	Helianthus annuus	Tastes like: leafy, slightly bitter. Lightly steam petals to lessen bitterness. Unopened flower buds can be steamed like artichokes.
Thyme	Thymus vulgaris	Tastes like: lemon, adds a nice light scent.
Tuberous Begonia	Begonia X tuberosa	ONLY HYBRIDS are edible. The flowers and stems contain oxalic acid and should not be consumed by individuals suffering from gout, kidneystones, or rheumatism. Further, the flower should be eaten in strict moderation. Tastes like: crisp, sour, lemony
Violet	Viola species	Tastes like: sweet, nectar
(Banana) Yucca	Yucca baccata	Flowers (petals only) and fruit are edible. Other parts contain saponin, which is poisonous. Large amounts may be harmful. Tastes like: crunchy, fresh flavor

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