

Edible Flowers

Edible flowers add a splash of festive color and flavor to salads, cheese boards, desserts, and cocktails.

Choosing flowers

Make sure to identify each flower before using, since not all flowers are edible. We recommend using only flowers that have been grown organically.

Harvest and Storage

Pick edible flowers in the morning, when they have the highest water content. Keep them on dampened paper towels in a sealed container in the refrigerator for as long as a week.

<i>Edible flower</i>	<i>Flavor Notes</i>	<i>Additional Info</i>
Alyssum	Slightly sweet and peppery	
Apple	Delicate	
Arabian Jasmine – <i>Jasminum sambac</i>	Floral	J. sambac is the only edible species of jasmine.
Arugula	Spicy	
Bachelor’s Buttons – <i>Centaurea cyanus</i>	Spicy, clove-like	
Basil	Basil-y	
Beebalm - <i>Monarda</i>	Mint, sage, oregano	
Begonia	Slightly bitter to sharp citrus	
Borage	Reminiscent of cucumber	
Broccoli	Mild broccoli	
Calendula	Peppery to bitter	
Chamomile	Apple or pineapple	
Chervil	Mild anise	
Chives	Mild onion	
Chrysanthemum	Faintly tangy	
Cilantro	Intensely herbal	
Citrus	Citrus rind	
Clover	Sweet, mild licorice	
Dandelion	Sweet, honey-like	



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Day Lilies - <i>Hemerocallis</i>	Mild melon or cucumber	Cut the tasty petals away from the bitter base
Dianthus	Mild clove	Cut the petals away from the bitter white base
Dill	Strong dill	
Elder Flower - <i>Sambucus nigra</i>	Subtle perfume	Use flowers only; Stems are toxic.
English Daisy	Bitter	
Fennel	Mild licorice	
Fuchsia	Slightly acidic	
Garlic	Mild garlic	
Hollyhock	Very mild flavor	Petals only – cut away from the center of the flower
Honeysuckle	Honey-like	
Hyssop - <i>Agastache</i>	Mild licorice	
Impatiens	Sweet	
Kale	Mild broccoli	
Lavender	Intense lavender	Use with restraint; Flavor is intense.
Lilac	Intensely floral, perfumey	
Magnolia	Mild ginger	
Marigold	Pungent, spicy	<i>Lemon Gem & Tangerine Gem</i> have the best flavor
Mint	Minty	
Nasturtium	Peppery	
Pansy	Grassy, wintergreen	
Pea -edible peas only	Sweet, vegetal	All parts of ornamental sweet peas are toxic.
Pineapple Guava - <i>Feijoa sellowiana</i>	Sweet	
Primrose	Bland	
Redbud	Mild, vegetal	
Rose	Subtle, floral to fruity, depending on variety	
Rosemary	Sweet rosemary	
Sage - <i>Salvia</i>	Mild to strong herbal	Both ornamental and culinary sages have edible flowers.
Scarlet Runner Bean - <i>Phaseolus vulgaris</i>	Beany	
Scented Geranium	Varies	
Squash	Faintly squashy	Choose long-stemmed male flowers that don't bear fruit
Stock	Mild radish	
Strawberry	Mild	
Sunflower	Bittersweet, a bit nutty	
Violas, Violets	Mild to strong violet	