

Cooking Inspiration for Your Edible Petals

“OK TO EAT” Flowers

Original list of flowers from Thompson & Morgan’s Edible Flowers Guide. Additional flowers and more complete Latin names added. “Edible Flowers Guide.” Thompson & Morgan, <https://www.thompson-morgan.com/edible-flowers>. Accessed 14 February 2024.

Floriography interpretation from Kate Greenaway’s Language of Flowers. Greenaway, Kate. *Language of Flowers*. London: George Routledge & Sons, 1884.

Common Name	Botanical Name	Edible Tip	Edible Warning
<i>African daisies</i>	<i>Osteospermum</i>	The bright colored flowers can be used as a garnish or in ice cubes to add an extra dimension to summer drinks.	
* <i>Agastache / Hyssop</i>	<i>Agastache anisata, Agastache foeniculum</i>	Both flowers and leaves have a delicate, fragrant taste. They are ideal for adding to cakes for a hint of anise flavor, or add the leaves and flowers to whipping cream for a creamy, licorice flavor.	If you are pregnant, be sure to research possible contraindications to using this herb.
* <i>Alyssum</i>	<i>Lobularia maritima</i>	The leaves and flowers of sweet alyssum have a pungent flavor, similar to kale. Try adding them to salads, cold soups or even omelets.	
<i>Amaranth</i>	<i>Amaranthus</i>	The leaves are very nutritious, similar to spinach and the seeds can be treated as grain, amaranthus flour is common. The leaves also make nice salad greens	
* <i>Apple/ Crab Apple</i>	<i>Malus domestica, Malus x robusta, Malus x zumi</i>	Apple blossoms have a slightly floral taste and the petals are lovely in salads. Infuse petals in whipped cream or ice cream to go over an apple tart. Blossoms look attractive when floated in a fruit punch.	
* <i>Arugula / Rocket</i>	<i>Eruca vesicaria, Diplotaxis muralis, Eruca vesicaria subsp. sativa</i>	The flowers and the leaves have a spicy, peppery flavor, and are delicious added to a salad, rice or sprinkled over cooked French beans. Add whole flowers to taramasalata and serve with brown toast.	
<i>Asiatic dayflower / Dayflower</i>	<i>Commelina communis</i>	Leaves, flowers and young shoots - raw or cooked. Chopped finely and added to salads or cooked as a potherb. A sweet taste with a mucilaginous texture.	
<i>Baby's Breath</i>	<i>Gypsophila</i>	Baby's Breath (<i>Gypsophila</i> sp.) has white or pink flowers that have a mild, slightly sweet flavor, perfect for dessert garnishes.	
* <i>Basil</i>	<i>Ocimum basilicum, Ocimum minimum, Ocimum x citriodorum</i>	Flowers can be used as a substitute for leaves in any dish requiring basil. The flowers should be used more sparingly due to their very intense flavor. Delicious added to salads, soups or pasta.	
<i>Begonia</i>	<i>Begonia x tuberhybrida</i>	The brightly colored flowers have a delicious light, lemon taste and a crisp texture. Use snipped petals as a garnish in salads and sandwiches or dip whole petals in flavored yogurt and serve as an appetizer.	Only tuberous begonia petals are edible. The petals contain oxalic acid and therefore should only be eaten in moderation and should not be consumed by individuals suffering from gout, kidney stones or rheumatism.
* <i>Borage</i>	<i>Borago officinalis</i>	Mix flowers into vegetable and fruit salads, or use to garnish soups or to decorate desserts. An excellent choice for freezing in ice cubes and floating on iced tea. Petals have a cucumber taste and the stamens add a hint of sweetness.	Pregnant and lactating women should avoid borage flowers, as more than eight to ten flowers can cause milk to flow. They can also have a diuretic effect, so should not be eaten in great quantity.
<i>Butterfly Pea</i>	<i>Clitoria ternatea</i>	In Burma, the flowers of the blue variety are dipped in batter and fried. They also make good garnishes for salads. A syrupy sherbet drink can also be made from the blue flowers and a tea or tisane which is a rich blue color.	

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<i>Bellflower</i>	<i>Campanula</i>	The leaves and flowers can be used in salads, the flowers especially to add unusual blue hints	
<i>Calendula / Pot Marigold</i>	<i>Calendula officinalis</i>	Calendulas have a slightly peppery taste and will add a light, tangy flavor to breads and soups, as well as adding a touch of color. They will make a bright and tasty addition to a tossed salad. You can use fresh or dried petals as an economical substitute for saffron for adding color to rice or butter. The fresh young leaves can also be used sparingly in salads.	
<i>Californian Poppy</i>	<i>Eschscholtzia californica</i>	Fresh or dried leaves can be used to make a herbal tea which is known to be soothing and relaxing.	
* <i>Camellia</i>	<i>Camellia</i>	The flowers can be used as garnishes but are also dried and then cooked in Asian cuisine.	
* <i>Candytuft</i>	<i>Iberis</i>	Both the leaves and flowers of candytuft can be eaten raw and have a taste similar to that of a sweet broccoli.	
<i>Canna lily</i>	<i>Canna</i>	Canna lily rhizomes can be eaten raw and have a taste similar to water chestnut, although sometimes bitter. They can also be boiled and baked, the same as a potato and have a similar texture and taste.	
* <i>Cape Jasmine</i>	<i>Gardenia jasminoides</i>	These extremely fragrant blooms can be used to make pickles, preserves and jams, or shredded and added as flavoring to cakes.	
<i>Catmint</i>	<i>Nepeta cataria</i>	The small flowers have an aromatic, strong mint/spice flavor so should be used sparingly when cooking. Ideal for adding a bit of bite to pasta or rice dishes and all types of vegetables. Also makes a tasty complement to meat dishes like lamb.	Nepeta is not recommended to eat during pregnancy
<i>Chameleon Plant / Rainbow Plant</i>	<i>Houttuynia</i>	The leaves have an orange like smell and make a marvelous flavoring in salads.	
* <i>Chamomile</i>	<i>Chamomilla</i>	The flowers, buds and leaves of chamomile are all edible	
* <i>Chicory, Raddichio</i>	<i>Cichorium intybus</i>	The fresh flowers have a mild lettuce flavor and make a decorative addition to salads, whilst flower buds can be pickled. Picked blooms look attractive frozen in ice cubes and added to drinks.	Contact with all parts of this plant can irritate the skin or aggravate skin allergies
<i>Chives/ Chinese Chives</i>	<i>Allium schoenoprasum, Allium tuberosum</i>	Chive flowers have a mild onion flavor and are surprisingly crunchy. They are widely used tossed in salads, pasta, omelets and scrambled eggs. Or you can add a few to white fish dishes or to cheese sauce to give that extra bite. As tempting it may be to pop the whole flower into your mouth, refrain from doing so as the pungency in that quantity can be overwhelming. For garnish and cooking break the flower into individual florets .	
* <i>Citrus Trees</i>	<i>Citrus aurantium, Citrus limon, Citrus x latifolia</i>	Citrus flowers are overwhelming in scent and flavor and go really well with many different foods from stir-fries to puddings. They are also ideal for crystallizing and decorating cakes or desserts.	
<i>Clary Sage</i>	<i>Salvia sclarea</i>	A very aromatic flavor that is ideal for adding to salads for a cheerful colored contrast.	Clary Sage is not recommended to eat during pregnancy
* <i>Coriander / Cilantro</i>	<i>Coriandrum sativum</i>	The flowers are as adaptable as the leaves in a variety of different dishes. Scatter over cauliflower, add to the end of a stir-fry or add to cream cheese. Scatter a few flowers over an orange fruit salad.	
* <i>Cornflower / Bachelor's Button</i>	<i>Centaurea cyanus</i>	These attractive flowers have no fragrance but do have a sweet-to-spicy clove-like flavor. They are ideal for mixing with other flowers to make attractive confetti for sprinkling over salads, omelets, and pasta dishes. Or they can be used on their own as a colorful garnish.	
<i>Cosmos</i>	<i>Cosmos sulphureus</i>	The blooms will add zest to your meal by adding bright splashes of color, while the young leaves can be added to salads or eaten straight.	Please note, only <i>Cosmos sulphureus</i> are edible.
<i>Crocospia / Coppertips</i>	<i>Crocospia</i>	A yellow dye is obtained from the flowers and then used as a saffron substitute for coloring foods.	
* <i>Cyclamen / Persian</i>	<i>Cyclamen persicum</i>	The leaves of this plant are used in Mediterranean and eastern cuisine, often filled with rice and meat in	Please note, only the leaves of cyclamen persicum can be

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<i>cyclamen</i>		a similar way the Greek dolmades.	eaten, the roots of all cyclamen are harmful if eaten.
* <i>Dahlia</i>	<i>Dahlia</i>	All dahlia flowers and tubers are edible. The flavors and textures can vary greatly depending on the soil and conditions in which they were grown. Flavors range from water chestnut through to a spicy apple or even carrot.	
* <i>Daisy</i>	<i>Bellis perennis</i>	Pull flowers apart for a mass of small quill petals ideal for creating a colorful garnish on desserts or soups, in salads or with savory dishes. Also make useful decorations for cakes, biscuits, mousses and pâtés.	If you have hay fever, asthma or severe allergies, you should avoid eating flowers of the daisy family because they could trigger an allergic reaction.
<i>Dame's Rocket</i>	<i>Hesperis matronalis</i>	This combines well with all chicken dishes and many fish recipes. Can also be made into a flavorsome hot tea.	
* <i>Daylily</i>	<i>Hemerocallis</i>	Petals are great in salads, hot and cold soups, cooked and served as a vegetable or chopped and added to stir-fries. Try sautéing the buds or flowers, which can then be stuffed with almost any filling.	Only hemerocallis, the 'Day Lily' can be eaten. Do not eat other types of lilies (Lillium) as they are poisonous.
* <i>Dianthus/ Carnation/ Pinks</i>	<i>Dianthus amurensis, Dianthus barbatus, Dianthus caryophyllus, Dianthus chinensis, Dianthus deltoides, Dianthus plumarius, Dianthus superbus</i>	Most dianthus have a pleasant spicy, floral, clove-like taste, especially the more fragrant varieties, and are ideal for decorating or adding to cakes. They'll also make a colorful garnish to soups, salads and the punch bowl. The petals of Sweet Williams will add zest to ice cream, sorbets, salads, fruit salad, dessert sauces, seafood and stir-fries. It is advisable to remove the white heel at the base of the petal as this has a bitter taste.	
<i>Dill</i>	<i>Anethum graveolens</i>	Add flowers to fish dishes, omelets or sprinkle over cooked vegetables. Add whole flowers to pickled gherkins, cucumbers or beetroots for a milder flavor than dill seed.	
* <i>Elderberry flower</i>	<i>Sambucus nigra, Sambucus canadensis</i>	The flowerheads are commonly used in infusions, making a very common drink and can be made into a syrup or cordial. They can also be dipped into a light batter and then fried to make elderflower fritters. Both flowers and berries can be made into elderberry wine.	
* <i>Evening Primrose, Ozark Sundrops</i>	<i>Oenothera macrocarpa, Oenothera odorata, Oenothera versicolor, Oenothera speciosa, Oenothera missouriensis</i>	The flowers have a similar taste to lettuce, so will make a fine addition to any green salad whilst also adding some color.	
* <i>Fennel</i>	<i>Foeniculum vulgare</i>	The mild anise/licorice flavor combines well with fish, meat and vegetable dishes. Delicious added to cucumber or potato soup. Make fennel flower oil and use to baste pork chops on a barbecue. Pairs well with cauliflower and lima beans.	
* <i>Forget-me-not</i>	<i>Myosotis</i>	Eat the flowers as a trail snack or use them to decorate cupcakes, toss them in a salad or use as a garnish	
<i>Forsythia</i>	<i>Forsythia</i>	The blossoms are edible raw, though they can be slightly bitter. The will add color to salads and are a cheery garnish.	
* <i>Fuchsia</i>	<i>Fuchsia</i>	The stunning colors and graceful shape of fuchsias make them ideal as a green or fruit salad garnish. They look very decorative if crystallized or inserted into jelly. The berries are also edible and useful for making jams. Before eating the flower remove all green and brown bits and gently remove the stamen pistils as this will certainly enhance the petal flavor.	
<i>Freesia</i>	<i>Freesia</i>	Infused in a tisane with lemon juice and zest. The peppery scent and bold color are a perfect pick-me up.	
<i>Garland Chrysanthemum</i>	<i>Chrysanthemum coronarium</i>	Petals are best quickly and lightly fried in vegetable oil before adding to soups, salads and stir-fries. Use the strongly spicy flavored flowers sparingly in salads or when making Japanese Chrysanthemum soup.	Only <i>Chrysanthemum coronarium</i> should be eaten; it is not advisable to eat other types of chrysanthemum.
<i>Gladiolus</i>	<i>Gladiolus</i>	Flowers taste similar to lettuce, and make a lovely receptacle for sweet or savory spreads or mousses. You could also toss individual petals in salads for color. It is best to must remove the anthers, take the middle of the blossom out before eating/using.	The rest of the plant can be toxic, especially to pets.

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<i>Grape hyacinth</i>	<i>Muscari</i>	The flowers can be sprinkled over desserts to add a delicate scented flavor.	
<i>Heuchera / Coral Bells</i>	<i>Heuchera</i>	The leaves can be tossed in with other greens for a mixed salad, typically to bitter to eat on their own they will add a tangy kick to an otherwise bland salad.	
* <i>Hollyhock</i>	<i>Alcea rosea</i>	The flowers can be crystallized and used to decorate cakes, mousses and roulades or try mixing them with salad leaves for a stunning dish. Flowers can also be used to make a subtly flavored syrup to add to various puddings. Before eating, remove the center stamen and any green bits.	
* <i>Honeysuckle</i>	<i>Lonicera</i>	The parboiled leaves are used as a vegetable and the flowers can be sucked for their sweet nectar, used as a vegetable or made into a syrup and pudding. A tea can also be made from the leaves, buds and flowers.	
<i>Hosta</i>	<i>Hosta</i>	The best part to use is the 'hoston', the rolled up leaf as it emerges in the spring. Cooking depends on the size of the hostons, small ones can be fried for a few minutes, going well in stir fries. Thicker ones are better boiled and used as a vegetable.	
* <i>Hyssop</i>	<i>Hyssopus officinalis</i>	Ideal for adding to soups or salads, or can be infused to make a refreshing tea. Hyssop also makes a perfect complement to fish and meat dishes.	
* <i>Ice plant</i>	<i>Mesembryanthemum crystallinum</i>	Leaves can be eaten raw, mainly being used as a spinach substitute.	
<i>Impatiens / Busy Lizzie</i>	<i>Impatiens walleriana</i>	The flowers come in many colors and look attractive used as a garnish in salads or floated in cold drinks.	
<i>Japanese Basil</i>	<i>Perilla frutescens</i>	The whole flower can be eaten, adding a spicy flavor to stir-fries, chicken or fish dishes.	
* <i>Jasmine</i>	<i>Jasminum officinale</i>	The flowers are intensely fragrant and are traditionally used for scenting tea, but can also be added to shellfish dishes.	Only jasmine officinale is edible. The false Jasmine (<i>Gelsemium sempervirens</i>) is a completely different genus and is considered too poisonous for human consumption.
* <i>Lavender</i>	<i>Lavandula multifida, Lavandula stoechas, Lavandula angustifolia</i>	There are many ways to use lavender flowers, both in sweet or savory dishes. Make a delicious lavender sugar and add to biscuits, sorbets, jams or jellies. Add flowers to vegetable stock and create a tasty sauce for duck, chicken or lamb dishes.	Lavender oil may be poisonous. No more than two undiluted drops should be taken internally.
<i>Lemon Balm</i>	<i>Melissa officinalis</i>	The flowers are small, so are ideal for adding to salad dressings or soups. They can also be added to stuffing for poultry dishes too.	
* <i>Lilac</i>	<i>Syringa vulgaris</i>	Mix fresh fragrant flowers with a little cream cheese and serve on crackers or stir flowers into yogurt to add a hint of lemon. Also useful as a garnish for cakes, scones or sweets.	
* <i>Locust</i>	<i>Robinia</i>	The flowers have a pleasantly fragrant aroma and can be used in jams or desserts such as pancakes. They can also be infused into a drink.	
* <i>Magnolia</i>	<i>Magnolia grandiflora</i> <i>Magnolia x soulangeana</i>	The young flowers, once separated can be pickled in rice wine vinegar and then used either on their own as a treat or in salads.	
<i>Mahonia / Berberis</i>	<i>Mahonia</i>	The ripe fruits are too acidic to eat raw but can be stewed with sugar or other fruits and made into jelly or pies. They are used to help the milder flavor of some fruits or to make a lemonade-like drink. Young leaves are simmered in water and eaten as a snack.	
* <i>Marigold</i>	<i>Tagetes patula, Tagetes tenuifolia, Tagetes patula x erecta, Tagetes lucida</i>	The flowers and leaves have a citrus taste, making them ideal for adding to salads, sandwiches, seafood dishes or hot desserts.	Marigolds may be harmful in large amounts. They should only be eaten occasionally and in moderation.
* <i>Meadowsweet</i>	<i>Filipendula ulmaria</i>	The sweetly scented flowers can be eaten in salads or added to homemade wine.	

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*Mimosa / Persian silk tree	<i>Albizia julibrissin</i>	A tea can be made from the leaves and flowers, they can also be steamed and eaten as vegetables, the blooms can be crystallized too.	Caution - DO NOT EAT THE SEEDS, they are poisonous.
*Mint	<i>Mentha x piperita, Mentha pulegium, Mentha suaveolens, Mentha x gracilis, Mentha spicata</i>	These tiny flowers pack a real punch and add that something extra to green salads, fruit salads, fresh strawberries, chocolate mousse or chocolate cake. Can also be used to decorate and flavor lamb dishes.	
*Pennyroyal (Mint)	<i>Mentha pulegium</i>	These tiny flowers pack a real punch and add that something extra to green salads, fruit salads, fresh strawberries, chocolate mousse or chocolate cake. Can also be used to decorate and flavor lamb dishes.	Pennyroyal Mint is not recommended to eat during pregnancy
Monarda/ Bergamot/ Bee balm / Oswego tea	<i>Monarda citriodora subsp. Astromontana, Monarda didyma</i>	The colorful petals have a sweet, spicy flavor and will enhance salads, jellies and stuffing, rice and pasta dishes. Fresh or dried leaves can be used to make delicious bergamot tea. Before using the flowers, only give them a minimal rinse with water so as not to diminish the fragrance.	
Monkeyflowers	<i>Mimulus ringens</i>	The leaves of the monkeyflower can be eaten raw or cooked. They have a slightly bitter flavor and are mostly added to salads. The leaves can also be used as a lettuce substitute.	
Mooli Radish / Daikon	<i>Raphanus sativus</i>	The daikon radish flowers flavor is a milder version of the spicy root, making it ideal to add color to the top of a salad or sprinkle over cooked vegetables to add a little spice.	
*Nasturtium	<i>Tropaeolum majus, Tropaeolum minus</i>	The fresh leaves and flowers have a peppery flavor similar to watercress. The flowers will add a spicy touch to salads and the green seeds can be chopped and used with parsley as a garnish or made into capers. Try them combined with cream cheese or butter in canapés, or in a cheese and tomato sandwich. Flowers can also be used to garnish steaks or casseroles.	
Nigella	<i>Nigella</i>	The seeds have a strong aroma and spicy taste, they can be used as a condiment or spice to flavor cakes, breads and curries.	
Onion (Welsh/ Spring)	<i>Allium fistulosum</i>	Onion flowers offer an onion flavor, without the bite of an onion bulb. These are ideal for tossing in a salad or for mixing in with vegetables.	
Oregano	<i>Origanum vulgare</i>	Wonderful added to tomato dishes, pizza and when making your own bread. Flowers can also be added to butter for flavor.	
Ornamental Kale	<i>Brassica oleracea (Acephala Group)</i>	The leaves can be picked while still young and will make a tasty and colorful addition to salads.	
*Oxalis / Wood Sorrel	<i>Oxalis articulata</i>	Small amounts of leaves, flowers, seeds, tubers/roots eaten raw are not dangerous. They have a lemon-like sour flavor.	
*Pansy / Viola	<i>Viola x wittrockiana, Viola cornuta, Viola hybrida, Viola tricolor, Viola x williamsiana, Viola odora</i>	Flowers have a minty-like flavor and make a decorative addition to a green salad or to garnish a pâté or dessert. They can be crystallized and used to decorate cakes, cookies or creamy desserts.	
*Parsley	<i>Petrocelinum crispum</i>	When its flower heads form, they can be harvested and eaten along with the rest of the plant.	
*Passion Flower	<i>Passiflora</i>	The fruits of passiflora are edible, albeit somewhat unremarkable in taste. They can be used in preserves and desserts. P. edulis, grown under glass will produce the best fruit for eating.	
Pea	<i>Pisum sativum</i>	Flowers are slightly sweet and, surprisingly enough, taste like young peas. Delicious added to salads. Use candied flowers to decorate fish dishes or cakes. The shoots and vine tendrils are also edible and have the same delicate, pea-like flavor.	Only vegetable pea flowers can be eaten, not sweet pea flowers which are toxic.
Penta	<i>Pentas lanceolata</i>	Flowers have a grassy, honey or spice flavor. Use in cookies, pies or as decoration.	

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*Peony	<i>Paeonia</i>	The petals can be added to salads, or cooked slightly and sweetened for a treat. Peony water once also once considered a delicacy and the blooms can be floated in punches.	
*Phlox	<i>Phlox paniculata</i>	These flowers have a slightly spicy taste. Great added to fruit salads and a colorful addition to any floral salad. As the flowers are small and colorful they are superb when crystallized and added as decoration to cakes or desserts.	It is only this perennial phlox, not the annual, or the low-growing (creeping) phlox that is edible.
Pineapple guava / Monrovia plant	<i>Feijoa sellowiana</i>	The flower petals have a flavor often described as being similar to that of cotton candy. The petals are ideal added to a fruit salad, smoothie, milkshake or an iced drink. The fruits can also be used in chutneys and tropical fruit salads.	
Pineapple Sage	<i>Salvia elegans</i>	The flowers taste similar to the leaves and make a vibrant contribution to salads and pâtés, mustards and vinaigrettes.	
*Pomegranate	<i>Punica granatum</i>	Slightly bitter flavor, but beautiful vibrant flowers . Use in cookies, vinegar or in salads.	
*Primrose, Polyanthus, Cowslip, Primula	<i>Primula vulgaris, Primula veris, Primula hybrida</i>	Popular as a garnish on salads. Remove the stalks so they sit open-faced on top of lettuce, cress etc. Crystallize or use in pancakes or cakes. Sprinkle fresh polyanthus blossoms in salads, adding a touch of color and a sweet taste. Flowers can be crystallized and used as decorations, making them ideal for special cakes and desserts, for example on Mothering Sunday or at Easter.	
Radish / Living Greens/ Microgreens/ Purple Radish	<i>Raphanus sativus</i>	The flavor of radish flowers is a milder version of the spicy root, making it ideal to add color to the top of a salad or sprinkle over cooked vegetables to add a little spice.	
Redbud, Eastern	<i>Cercis Canadensis</i>	The flowers have significantly higher vitamin content than most common fruits and vegetables, including oranges. The fresh buds have a not unpleasant sour bite and can also be pickled for later use with spring greens for example.	
*Rose	<i>Rosa</i>	As a general rule if a rose smells good, it will taste good. Petals have a delicate flavor which will improve cool drinks and fruit dishes, or why not try rose petal jam? Rosehips and petals can both be used in jellies. If the flowers are crystallized, they will make attractive cake decorations. It is best to remove the white heel from the base of the petals before eating.	
*Roselle (Jamaica) / Hibiscus / Rose of Sharon	<i>Hibiscus sabdarifa, Hibiscus rosa sinensis, Hibiscus syriacus</i>	Infuse the flowers to make a popular, mildly citrus-flavored tea. Add strips of vibrant colored petals to fruit salads. It is best to use the petals from the flower heads. If you use them whole, beware of the pollen.	
*Rosemary	<i>Rosmarinus officinalis</i>	Rosemary flowers and leaves can be used with poultry or pork - try adding a few flowers to biscuit dough to add flavor.	
Runner Bean	<i>Phaseolus coccineus</i>	Flowers can be eaten raw in salads, adding a mild bean flavor with a hint of nectar, or add to cooked runner bean dishes for decoration.	Only scarlet-flowered runner beans are recommended for eating.
*Sage	<i>Salvia officinalis</i>	The flowers taste similar to the leaves and make a vibrant contribution to salads and pâtés, mustards and vinaigrettes.	
Salsify	<i>Tragopogon porrifolius</i>	Usually grown for its nutty flavored roots, but the young leaves are tasty in salads adding a mild nutty flavor. The flower buds should be picked just before they open with about three inches of stem attached. They can be lightly simmered and then eaten when cold in salads or as a garnish.	
Santolina	<i>Santolina</i>	The fragrant leaves can be used as a condiment to flavor soups and broths.	
*Scented pelargoniums/ Scented geraniums	<i>Geranium clorinda, Geranium fragrans, Geranium graveolens, Geranium quercifolia, Geranium tomentosum</i>	The leaves have a powerful citrus fragrance and will add flavor to cakes and meringue roulades. The flowers have a faint citrus flavor similar to the leaves and are ideal crystallized and scattered on desserts.	

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<i>Self-heal / Heal-all</i>	<i>Prunella vulgaris</i>	The young leaves and stems can be eaten raw in salads, the plant in whole can be boiled and eaten as a potherb.	
<i>*Snapdragon</i>	<i>Antirrhinum</i>	The pretty flowers can be used as garnishes or dressings but can have a bland or sometimes bitter taste.	
<i>Spanish needles</i>	<i>Bidens</i>	The blossoms are commonly used in salads but also hold their flavor once cooked and can be added to a variety of dishes	
<i>*Stocks</i>	<i>Matthiola Incana</i>	Flowers are usually added to salads raw or a garnish to desserts, they can also be candied. Their flavor is perfumed.	
<i>Strawberry</i>	<i>Fragaria x ananassa, Fragaria vesca</i>	The flowers retain their strawberry fragrance as well as a milder strawberry flavor. Float petals in drinks, add to salads or candy them and add to desserts for decoration.	
<i>*Sunflower</i>	<i>Helianthus annuus</i>	The buds, petals and seeds are all edible. Add the petals to a green salad for a color contrast and a mild nutty taste. The green buds can be blanched, then tossed in garlic butter; they are similar in flavor to a Jerusalem artichoke. The kernels inside the seeds can be eaten raw or toasted as a snack.	
<i>Sweet Cicely</i>	<i>Myrrhis odorata</i>	The sweet anise-flavored flowers are lovely added to apple, plum or rhubarb tarts.	
<i>*Sweet Marjoram</i>	<i>Origanum majorana</i>	Combines well with all chicken dishes and many fish recipes. Can also be made into a flavorsome hot tea.	
<i>Sweetshrub</i>	<i>Calycanthus</i>	Produces an edible and delicious spice. Snip off twigs and allow them to dry out in the sun or a low oven, then crush the bark and use like cinnamon	
<i>Toothache plant / Szechuan buttons</i>	<i>Acmella Oleracea</i>	The flower provokes a multi-sensory experience, including mouth tingling, numbness and increased salivation making it an unusual surprise in both food and drinks.	
<i>*Tuberose</i>	<i>Polianthes tuberosa</i>	The flowers can be eaten cooked and are often added to soups or used to flavor soy sauces in oriental cuisine.	
<i>*Tulip</i>	<i>Tulipa</i>	Tulip petals have a sweet, pea-like flavor and a tender crisp texture. Try stuffing whole flowers with a shrimp or chicken salad. Add strips of petals to salads or sandwiches for that added touch of color. Carefully remove pollen and stigmas from the base of the flower before stuffing.	Some people have had strong allergic reactions to tulips. If touching them causes a rash, numbness etc. - Don't eat them! Don't EVER eat the bulbs. If you have any doubts, don't eat the flower.
<i>Turk's cap</i>	<i>Malaviscus arboreus var. drummondii</i>	All parts of Turk's cap except the stems are edible. Fruits can be eaten fresh, dried or made into jelly. Young leaves can be steamed like spinach. Flowers may be picked for their sweet nectar or dried and brewed into a tea.	
<i>*Violet</i>	<i>Viola odorata</i>	Commonly used fresh or made into a violet syrup or candied. The greens are also eaten.	
<i>*Wallflower</i>	<i>Erysimum</i>	The tender young shoots can be cooked and eaten as a vegetable.	
<i>*Water Lily</i>	<i>Nymphaea</i>	The young leaves and unopened flower buds can be boiled and served as a vegetable. The seeds, high in starch and protein can be popped, parched or ground into flour.	
<i>Wisteria</i>	<i>Wisteria</i>	The flowers are the only edible part of the plant and can be made into an aromatic wine.	All other parts of wisteria are poisonous
<i>Yarrow</i>	<i>Achillea millefolium</i>	The leaves of the yarrow can be used cooked or raw. They have a bitter flavor but are good in mixed salads and best used when young. They may also be used as a preservative or flavoring for beer. The flowers and leaves can be made into an aromatic tea.	
<i>Yucca</i>	<i>Yucca</i>	The white yucca flower petals have a crunchy, mildly sweet taste with a hint of artichoke flavor.	

Common Name	Botanical Name	Edible Tip	Edible Warning
		Delicious added to salads or used as a garnish.	
*Zinnia	<i>Zinnia elegans</i>	Flowers have a vegetal or somewhat bitter taste. Use the whole flowers for decoration or the petals only for salads.	
<i>Zucchini (Marrow) / Courgette / Squash / Pumpkin</i>	<i>Cucurbita moschata, Cucurbita pepo, Cucurbita maxima</i>	All squash flowers have a slightly sweet nectar taste. These can be stuffed with cheeses and other fillings, battered and deep fried or sauteed and added to pasta . Thinly sliced blossoms can be added to soups, omelets, scrambled egg or add color to salads.	

*See table below for floriography meanings from Kate Greenaway's *Language of Flowers*

“Language of Flowers”. Wikipedia, https://en.wikipedia.org/wiki/Language_of_flowers. Accessed 14 February 2024.

Floriography (language of flowers) is a means of cryptological communication through the use or arrangement of flowers. Meaning has been attributed to flowers for thousands of years, and some form of floriography has been practiced in traditional cultures throughout Europe, Asia, and Africa. Plants and flowers are used as symbols in the Hebrew Bible, particularly of love and lovers in the Song of Songs, as an emblem for the Israelite people, and for the coming Messiah.

Interest in floriography soared in Victorian England and in the United States during the 19th century. Gifts of blooms, plants, and specific floral arrangements were used to send a coded message to the recipient, allowing the sender to express feelings which could not be spoken aloud in Victorian society. Armed with floral dictionaries, Victorians often exchanged small "talking bouquets", called nosegays or tussie-mussies, which could be worn or carried as a fashion accessory.

The significance assigned to specific flowers in Western culture varied – nearly every flower had multiple associations, listed in the hundreds of floral dictionaries – but a consensus of meaning for common blooms has emerged. Often, definitions derive from the appearance or behavior of the plant itself.

Common Name	Botanical Name	Meaning
*Agastache / Hyssop	<i>Agastache anisata</i> , <i>Agastache foeniculum</i>	Cleanliness
*Alyssum	<i>Lobularia maritima</i>	Worth beyond beauty
*Apple/ Crab Apple	<i>Malus domestica</i> , <i>Malus x robusta</i> , <i>Malus x zumi</i>	Preference
*Arugula / Rocket	<i>Eruca vesicaria</i> , <i>Diplotaxis muralis</i> , <i>Eruca vesicaria subsp. sativa</i>	Rivalry
*Basil	<i>Ocimum basilicum</i> , <i>Ocimum minimum</i> , <i>Ocimum x citriodorum</i>	Hatred Sweet basil = good wishes
*Borage	<i>Borago officinalis</i>	Bluntness
*Camellia	<i>Camellia</i>	Red = Unprecedented excellence White = Perfected loveliness
*Candytuft	<i>Iberis</i>	Indifference
*Cape Jasmine	<i>Gardenia jasminoides</i>	I'm too happy
*Chamomile	<i>Chamomilla</i>	Energy in adversity
*Chicory, Raddichio	<i>Cichorium intybus</i>	Frugality
*Citrus Trees	<i>Citrus aurantium</i> , <i>Citrus limon</i> , <i>Citrus x latifolia</i>	Lemon blossoms = Fidelity in love Orange blossoms = Your purity equals loveliness Orange flowers = Chastity
*Coriander / Cilantro	<i>Coriandrum sativum</i>	Hidden worth
*Cornflower / Bachelor's Button	<i>Centaurea cyanus</i>	Celibacy or single blessedness
*Cyclamen / Persian cyclamen	<i>Cyclamen persicum</i>	Diffidence
*Dahlia	<i>Dahlia</i>	Instability
*Daisy	<i>Bellis perennis</i>	Innocence, loyal love, purity
*Daylily	<i>Hemerocallis</i>	Coquetry
*Dianthus/ Carnation/ Pinks	<i>Dianthus barbatus</i> , <i>Dianthus caryophyllus</i> , <i>Dianthus chinensis</i> , <i>Dianthus deltoides</i>	Boldness Sweet William (<i>barbatus</i>) = Gallantry Clove (<i>caryophyllus</i>) = Woman's love China (<i>chinensis</i>) Maiden (<i>deltoides</i>)
*Elderflower	<i>Sambucus nigra</i>	Zealousness
*Evening Primrose, Ozark Sundrops	<i>Oenothera macrocarpa</i> , <i>Oenothera odorata</i> , <i>Oenothera versicolor</i> , <i>Oenothera speciosa</i> , <i>Oenothera missouriensis</i>	Inconstancy

Common Name	Botanical Name	Meaning
*Fennel	<i>Foeniculum vulgare</i>	Worthy all praise. Strength.
*Forget-me-not	<i>Myosotis</i>	True love. Forget me not.
*Fuchsia	<i>Fuchsia</i>	Scarlet fuchsia = Taste
*Hollyhock	<i>Alcea rosea</i>	Ambition. Fecundity.
*Honeysuckle	<i>Lonicera</i>	Generous and devoted affection
*Hyssop	<i>Hyssopus officinalis</i>	Cleanliness
*Ice plant	<i>Mesembryanthemum crystallinum</i>	Your looks freeze me
*Jasmine	<i>Jasminum officinale</i>	Amiability
*Lavender	<i>Lavandula multifida, Lavandula stoechas, Lavandula angustifolia</i>	Distrust
*Lilac	<i>Syringa vulgaris</i>	Purple = First emotions of love White = Youthful innocence
*Locust	<i>Robinia</i>	Elegance
*Magnolia	<i>Magnolia grandiflora</i>	Love of nature
*Marigold	<i>Tagetes patula, Tagetes tenuifolia, Tagetes patula x erecta, Tagetes lucida</i>	Grief French (<i>patula</i>) = Jealousy African (<i>erecta</i>) = Vulgar minds
*Meadowsweet	<i>Filipendula ulmaria</i>	Uselessness
*Mimosa / Persian silk tree	<i>Albizia julibrissin</i>	Sensitiveness
*Mint	<i>Mentha x piperita, Mentha pulegium, Mentha suaveolens, Mentha x gracilis, Mentha spicata</i>	Virtue Peppermint = Warmth of feeling Spearmint = Warmth of sentiment
*Pennyroyal Mint	<i>Mentha x piperita, Mentha pulegium, Mentha suaveolens, Mentha x gracilis, Mentha spicata</i>	Flee away
*Nasturtium	<i>Tropaeolum majus, Tropaeolum minus</i>	Patriotism
*Oxalis / Wood Sorrel	<i>Oxalis articulata</i>	Joy. Maternal tenderness.
*Pansy / Viola	<i>Viola x wittrockiana, Viola cornuta, Viola hybrida, Viola tricolor, Viola x williamsiana, Viola odora</i>	Thoughts
*Parsley	<i>Petrocelinum crispum</i>	Festivity
*Passion Flower	<i>Passiflora</i>	Religious superstition
*Peony	<i>Paeonia</i>	Shame. Bashfulness.
*Phlox	<i>Phlox paniculata</i>	Unanimity.
*Pomegranate	<i>Punica granatum</i>	Mature elegance
*Primrose, Polyanthus, Cowslip, Primula	<i>Primula vulgaris, Primula veris, Primula hybrida</i>	Primrose = Early youth Cowslip = Pensiveness. Winning grace. Polyanthus = Pride of riches. Crimson polyanthus = The heart's mystery Lilac polyanthus = Confidence
*Rose	<i>Rosa</i>	Rose = Love Pink = Perfect happiness, please believe me White = I am worthy of you Yellow = Jealousy or friendship or devotion White and red together = Unity Red = Unconscious beauty

Common Name	Botanical Name	Meaning
*Roselle / Jamaica / Hibiscus / Rose of Sharon	<i>Hibiscus</i>	Delicate beauty
*Rosemary	<i>Rosmarinus officinalis</i>	Remembrance
*Sage	<i>Salvia officinalis</i>	Domestic virtue Esteem
*Scented pelargoniums / Scented geraniums	<i>Geranium fragrans, Geranium graveolens, Geranium quercifolia,</i>	Lemon (<i>crispum</i>) = Unexpected meeting Nutmeg (<i>fragrans</i>)= Expected meeting Oak-leaved (<i>quercifolia</i>)= True friendship Rose-scented (<i>graveolens</i>)= Preference
*Snapdragon	<i>Antirrhinum</i>	Presumption, deception, gracious lady
*Stocks	<i>Matthiola Incana</i>	Lasting beauty, bonds of affection
*Sunflower	<i>Helianthus annuus</i>	Dwarf = Adoration Tall = Haughtiness
*Sweet Marjoram	<i>Origanum majorana</i>	Blushes
*Tuberose	<i>Polianthes tuberosa</i>	Dangerous pleasures
*Tulip	<i>Tulipa</i>	Fame, perfect lover
*Violet	<i>Viola odorata</i>	Blue = Faithfulness Dame = Watchfulness Sweet = Modesty Yellow = Rural happiness
*Wallflower	<i>Erysimum</i>	Fidelity in adversity
*Water Lily	<i>Nymphaea</i>	Purity of heart
*Zinnia	<i>Zinnia elegans</i>	Thoughts of absent friends