



EDIBLE FLOWERS

Edible flowers are a lot of fun to experiment with, yet little (and much contradictory) information exists about them. This list excludes all known poisonous and questionable flowers as well as most tropical flowers and some edible flowers with little culinary merit. Please note that this list pertains only to the edibility of the flower portion of the plant.

Finally, never eat any plant or flower you cannot identify with certainty.

Note: Treat eating edible flowers as you might mushrooms. Different people have different sensitivities—try a small piece to check out your personal reaction.

Anise Hyssop	<i>Agastache foeniculum</i>	Elderberry	<i>Sambucus canadensis</i>
Arugula	<i>Erusca vesicaria</i>	ALL ELDER FLOWERS ARE EDIBLE. BLUE ELDER BERRIES ARE EDIBLE. RED ELDER BERRIES ARE POISONOUS!	
Basil	<i>Ocimum basilicum</i>	Fennel	<i>Foeniculum vulgare</i>
Batchelor Button	<i>Centaurea cyanus</i>	Fuchsia	<i>Fuchsia hybrid</i>
Bee Balm	<i>Monarda didyma</i>	Garlic Mustard	<i>Allaria petiolata</i>
Begonia	<i>Begonia hybrid</i>	Geranium, Scented	<i>Pelargoniums</i>
Borage	<i>Borago officinalis</i>	Gladiolas	<i>Gladiolus spp.</i>
Brassicas	<i>Brassica spp.</i>	EXCEPT: DO NOT EAT GLADIOLUS GANDAVENSIS.	
Calendula	<i>Calendula officinalis</i>	Herbs (all culinary flowers)	
Clove Pink	<i>Dianthus caryophyllus</i>	Hibiscus	<i>Hibiscus spp.</i>
Chamomile	<i>Matricaria recutita</i>	Hollyhock	<i>Althaea rosea</i>
Chervil	<i>Anthriscus cerefolium</i>	Horehound, White	<i>Marrubium vulgare</i>
Chive	<i>Allium schoenorasum</i>	Hyssop	<i>Hyssopus officinalis</i>
Garlic Chives	<i>Allium tuberosum</i>	Jasmine	<i>Jasminium grandiflorum</i>
Chrysanthemums	<i>Chrysanth. x morifolium</i>	DO NOT CONFUSE WITH CAROLINA JESSAMINE (GELSEMIUM SEMPERVIRENS) WHICH IS POISONOUS!	
Citrus Blossoms	<i>Citrus limon, C. sinensis</i>	Jewelweed	<i>Impatiens carpense</i>
Clary Sage	<i>Salvia sclarea</i>	Lavender	<i>Lavandula spp.</i>
Clover, Red	<i>Trifolium pratense</i>	Johnny Jump Up	<i>Viola tricolor</i>
Coriander	<i>Coriandrum sativum</i>		
Cress	<i>Lepidium sativum</i>		
Dill	<i>Anethum graveolens</i>		
Daisy, English	<i>Bellis perennis</i>		
Dandelion	<i>Taraxacum officinale</i>		
Day Lily	<i>Hemerocallis fulva</i>		
Dill	<i>Anetheum graveolens</i>		

Lemon Balm	<i>Melissa officinalis</i>	Poppy	<i>Papaver rhoeas</i>
Lemon Verbena	<i>Lippia citriodora</i>	PETALS ONLY. DO NOT EAT LEAVES. THE OPIUM, CALIFORNIA AND MEXICAN POPPY FLOWERS ARE POISONOUS!	
Lily	<i>Lilium auratum</i>	Primrose	<i>Primula vulgaris</i>
ONLY TRUE LILIES ARE EDIBLE. THERE ARE MANY OTHER SO-CALLED 'LILIES' SUCH AS AZTEC, CALLA, MARIPOSA, AFRICAN, AND LILY OF THE VALLEY-ALL OF WHICH ARE POISONOUS!		NOTE: GERMAN PRIMROSE (PRIMROSE OBCONICA) IS POISONOUS!	
Lovage	<i>Levisticum officinale</i>	Prune	<i>Prunus domestica</i>
Marjoram	<i>Origanum majorana</i>	Rose	<i>Rosa spp.</i>
Maple	<i>Acer macrophyllum,</i> <i>Acer rubrum</i>	Rosemary	<i>Rosmarinus officinalis</i>
Marigold	<i>Tageles erecta,</i> <i>T. tenuifolia,</i> <i>T. lucida</i>	Sage	<i>Salvia spp.</i>
MOST MARIGOLDS, WHILE EDIBLE, DON'T TASTE GOOD. TRY 'LEMON GEM', 'TANGERINE GEM' AND 'MEXICAN TARRAGON'		Salad Burnett	<i>Sanguisorba officinalis</i>
Meadowsweet	<i>Filipendula ulmaria</i>	Scarlet Runner Bean	<i>Phaseolus coccineus</i>
Mint	<i>Mentha spp.</i>	THE PAINTED LADY RUNNER BEAN IS ALSO EDIBLE AND QUITE BEAUTIFUL.	
Mitsuba	<i>Cryptotaenia japonica</i>	Shungiku	<i>Chrysanthemum coronarium</i>
Mustard	<i>Brassica spp.</i>	Sorrel	<i>Rumex acetosa</i>
Nasturtium	<i>Tropaelum majus,</i> <i>T. minus,</i> <i>T. tuberosum</i>	Savory, Summer	<i>Satureja hortensis</i>
Nootka Rose	<i>Rosa nutkana</i>	Savory, Winter	<i>Satureja montana</i>
Nodding Onion	<i>Allium cernuum</i>	Sunflower	<i>Helianthus annuus</i>
Oregano	<i>Origanum vulgare</i>	Sweet Cicely	<i>Myrrhis odorata</i>
Pansy	<i>Viola x Wittrockiana</i>	Tarragon	<i>Artemesia dracunculus</i>
Passion Flower	<i>Passiflora spp.</i>	Thyme	<i>Thymus spp.</i>
Peas	<i>Pisum sativum</i>	Tulip	<i>Tulipa spp.</i>
NOTE: SWEET PEA FLOWERS (LATHYRUS ODORATUS) ARE POISONOUS!		DO NOT EAT THE TULIP BULB!	
Perilla	<i>Perilla frutescans</i>	Vegetables	All except: tomato, potato, eggplant, peppers and asparagus
Pineapple Guava	<i>Feijoa sellowiana</i>	Viola	<i>Viola cornuta</i>
Pineapple Sage	<i>Salvia elegans</i>	Violet	<i>Viola odorata</i>
		Watercress	<i>Nasturtium officinale</i>
		Water Lily	<i>Nymphia odorata</i>
		WHITE NYMPHAEA ALBA AND YELLOW WATERLILY (NUPHAR LUTEUM) ARE POISONOUS!	
		Yucca	<i>Yucca spp.</i>