

Garden 101: Focus on Flowers

What's For Dinner? Edible Flowers! Denise Schreiber

Rules for Edible Flowers

1. Eat flowers only when you are positive they are edible.
2. Just because it is served with food, does not mean a flower is edible.
3. DO NOT eat flowers from florists, nurseries or garden centers because they have probably been sprayed.
4. Eat only from flowers that have been grown organically without sprays.
5. If you have hay fever, asthma or severe allergies, you should avoid eating members of the daisy family because they could trigger an allergic reaction.
6. Children under the age of 4 should not eat edible flowers because of possible reactions.
7. Remove pistils and stamens from flowers before eating. Eat only the petals.
8. Do not eat flowers picked from the side of a road. Besides exhaust emissions on the plants, you don't know whose dog was there before you!
9. There are many varieties of any one flower. Flowers taste different when grown in different locations.
10. Introduce flowers slowly into your diet in the way you would new foods.
11. Not all flowers are edible. Some are poisonous.

Edible Flowers

Anise hyssop
Apple and crabapple blossoms
Basil
Bee balm
Borage
Calendula
Chamomile (annual)
Chives
Chrysanthemum leucanthemum
Dianthus
Dandelion
Daylilies
Daylily buds
Eastern red
Impatiens
Johnny jump-ups
Lavender (English) flowers and leaves
Lilacs
Marigold (Signet)
Mint
Nasturtium
Pansies
Peas (Vegetable)
Roses
Rosemary
Sage
Scented geraniums
Squash blossoms
Sunflower
Thyme
Tulips
Violas
Violets (not African violets)
Yucca flowers and roots

Inedible Flowers

Azalea
Boxwood
Burning Bush
Caladium
Clematis
Cosmos
Daffodil
Delphinium
Elephant ears
Four o'clocks
Foxglove
Hyacinth
Hydrangea
Iris
Ivy (English Ivy)
Jack in the pulpit
Lantana
Lily of the Valley
Lobelia
Morning glory
Mountain laurel
Periwinkle
Privet
Rhododendron
Snapdragons
Sweet pea
Wisteria

Denise Schreiber has over 25 years' experience in professional horticulture, ranging from interior plantscaping to greenhouse production to public horticulture. She is the author of *Eat Your Roses, Pansies, Lavender and 49 other Delicious Flowers* (St. Lynn's Press, 2011) and serves as the "Ask the Expert" for *Pennsylvania Gardener Magazine*, winning a Silver Award from the Garden Writer's Association for her column. Denise is also "Mrs. Know It All" of "The Organic Gardeners" radio show on KDKA radio 1020 AM. Denise is an ISA certified arborist and an All America Selections Trial Judge. She has also served as both a National Director and a Regional Director of the GWA, and is the founder of the Edible Flower Food Fest.

<http://www.edibleflowers1.com>

