

# Taste the Flowers!



## Key Points for Growing Healthy Edible Flowers

Build healthy soil by adding compost, plant your plants in the right place for their needs and don't use toxic chemicals to manage pests or fertilize your plants. Tend to their needs, making sure they get adequate water during the summer. Keep the flowers picked (and eaten!) to keep them blooming. Remove stamen and style to reduce pollen allergy issues before eating. Many edible flowers also attract pollinators and other beneficial insects - plant enough for everyone! Be certain of your plant's identification before eating flowers you are not familiar with. Do not pick wild edible flowers from sites that might have been sprayed with pesticides.

## Websites

Oregon State IPM [www.oregonstate.edu/dept/nurspest/](http://www.oregonstate.edu/dept/nurspest/)  
Sustainable Flower Farming [www.modernfarmer.com/2015/02/sustainable-flower-farming/](http://www.modernfarmer.com/2015/02/sustainable-flower-farming/)  
West Coast Seeds [www.westcoastseeds.com/articles-and-instructions/flower-talk/list-of-edible-flowers/](http://www.westcoastseeds.com/articles-and-instructions/flower-talk/list-of-edible-flowers/)  
National Gardening Association [www.garden.org/ediblelandscaping/?page=edible-flowers](http://www.garden.org/ediblelandscaping/?page=edible-flowers)  
N. Carolina Cooperative Ext. <https://content.ces.ncsu.edu/choosing-and-using-edible-flowers-ag-790>

## Books

*Maritime Northwest Garden Guide* – Tilth Alliance

*The Edible Flower Garden* - Rosalind Creasy

*Edible Flowers and Leaves* – D & P Gramp

*Edible Flowers* – Kathy Brown

*The Organic Gardener's Handbook* - Fern Marshall Bradley and Barbara W. Ellis



**Alyssum** – *Lobularia maritima* This Brassica family member makes a nice addition to garnishes mixed with parsley. Try adding to jelled desserts. Attractive to pollinators



**Carnation** – *Dianthus caryophyllus* Steep these spicy sweet flowers in wine and add as toppings on cupcakes. Add fresh and whole to salads or pull petals off to add as garnish on deviled eggs.



**Dahlia** – *Dahlia pinnata* Succulent colorful petals can be added to salad – tastes just like lettuce! The tubers are edible too though some are more bland than others. Peel and cook like potatoes



**Daylily** – *Heemerocallis fulvus* The flowers and the tubers are both edible. The flowers are sweet and tender and great last minute additions to a summer salad. The tubers can be boiled like potatoes. Daylilies are a good source of Vitamin C and carotene



**Marigold** – *Tagetes patula* This spicy and colorful flower can be brewed into a warming tea or used as a bright accent to salads. Great for attracting beneficial insects.



**Nasturtium** – *Tropaeolum majus* Spicy flowers are great as flavorful fritters or stuffed with savory meat and olives. Add them whole to salads or garnish fruity desserts.



**Pot Marigold** – *Calendula officinalis* Add plucked petals to quiche or scrambled eggs or try in a fresh garden salsa. You can also dry and use the petals later as garnish – used medicinally the petals are also added to skin nourishing salves.



**Sunflower** – *Helianthus annuus* This incredible versatile plant offers petals, seeds, leaves and young shoots for your culinary use. Stir fry the young shoots and mature leaves – roast and salt the seeds and toss some petals into your salad.



**Zinnia** – *Zinnia x hybrida* Another great flower for tea, Zinnias also make a great addition to lemonade. Try adding them to cheese spreads for a little kick and color. Deep fry or stir fry and eat with rice.



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