

Edible Flowers

Kate Gilday; 30th Women's Herbal Conference, 2017
Circle within circle



Calendula~ Also called Marigolds. A wonderful edible flower. Flavors range from spicy to bitter, tangy to peppery. Has pretty petals in golden-orange hues. Sprinkle them on soups, pasta or rice dishes, herb butters, and salads. Petals add a yellow tint to soups, spreads, and scrambled eggs.

Daisies- spring leaves delicious in salads. A little pungent/ zesty!

Daylily- I use the “wild” orange day lilies. Their flower petals can be used to garnish green or fruit salads. I like to decorate small bowls of greek yogurt mixed with blueberries and maple syrup, placing individual petals around the bowl. You can sort of dip the flower petals into the yogurt- fun! Mild flavor with a hint of wildness!

Dandelion- Dandelion flower tea: fill deep bowl or glass pan half-way with dandelion blossoms- try not to get any stem in. Pour cool-warm water over this~ approximately twice as much water as flowers. Let set for between 3 and 4 hours. Strain and add a little honey to taste. Serve cool or warmed. You can play with amounts of flowers and water; also with time you let this tea set. The flowers dipped in pancake batter and deep fried in little bit of oil is a spring treat!

Hibiscus- flowers make a cooling tea in summer heat. Or sprinkle on pudding or fruit salads. So pretty!

Honeysuckle- (Lonicera japonica) – Sweet honey flavor. Only the flowers are edible. **NOTE: Berries are highly poisonous – Do not eat them!**

Impatiens – The flowers have a sweet flavor. They can be used as a garnish in salads or floated in drinks.

Johnny-Jump-Ups – Lovely yellow, white and purple blooms have a mild wintergreen flavor and can be used in salads, to decorate cakes, or served with soft cheese. They are also a great addition to drinks, soups, desserts or salads.

Lilacs– The flavor of lilacs varies from plant to plant. Very fragrant, slightly bitter. Has a distinct lemony taste with floral, pungent overtones. Great in salads and crystallized with egg whites and sugar.

Nasturtiums – Comes in varieties ranging from trailing to upright and in brilliant sunset colors with peppery flavors. Nasturtiums rank among most common edible flowers. Blossoms have a sweet, spicy flavor, similar to watercress. Stuff whole flowers with savory cheese spread. Leaves add peppery tang to salads or pesto. Pickled seed pods are a substitute for capers. Crunchy delight! Use entire flowers to garnish platters, salads, open-faced sandwiches, and savory appetizers.

Pansy – Pansies have a slightly sweet green or grassy flavor. Sprinkle a few of them as a garnish in fruit salad, green salad, desserts or on soups.

Roses (*Rosa rugosa* or *R. gallica officinalis*) Sweet, with subtle undertones ranging from fruit to mint to spice. All roses are edible, with the flavor being more pronounced in the darker varieties. In miniature varieties can garnish ice cream and desserts, or larger petals can be sprinkled on desserts or salads. Freeze them in ice cubes and float them in punches also. Petals used in syrups, jellies, perfumed butters and sweet spreads. Makes a lovely honey or glycerite- with pink color!

Violets (*Viola* species) – Sweet, perfumed flavor. I like to eat the tender leaves and flowers in salads. I also use the flowers to beautifully embellish desserts and iced drinks. Freeze them in punches to delight children and adults alike. All of these flowers make pretty adornments for frosted cakes, sorbets, or any other desserts, and they may be crystallized as well. Heart-shaped leaves are edible, and tasty when cooked like spinach.

*** Some of the info here comes from: www.whatscookingamerica.net
This is a fun site to visit for more ideas and information.