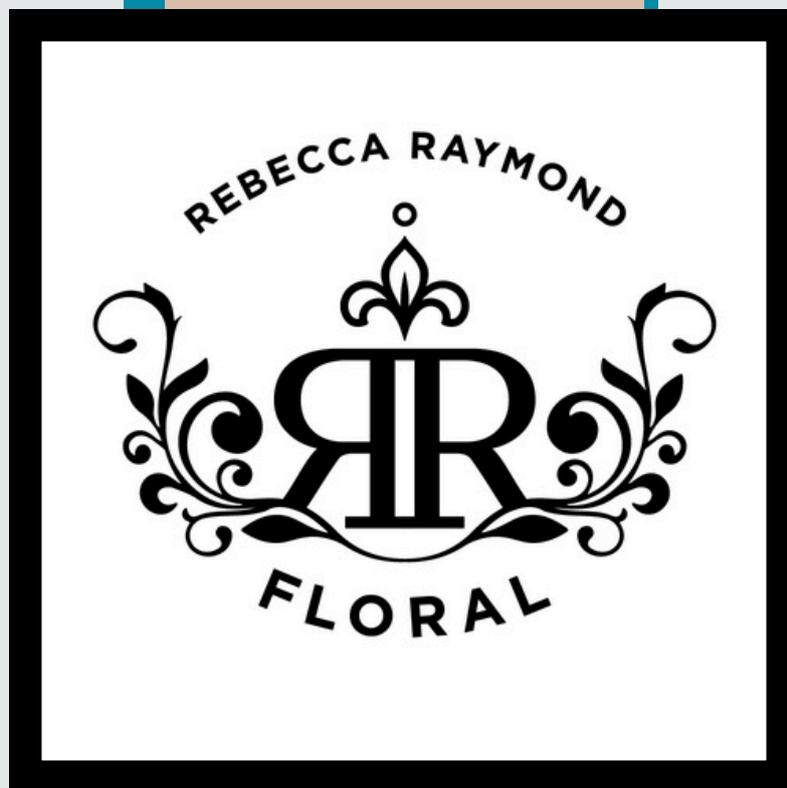


**Thank you for joining me today!
I love sharing my passion for creating
beautiful spaces.
Feel free to contact me with
questions.**



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List of Edible Flowers

Anise Hyssop

Agastache foeniculum

Apple Blossom

Malus spp.

Arabian Jasmine

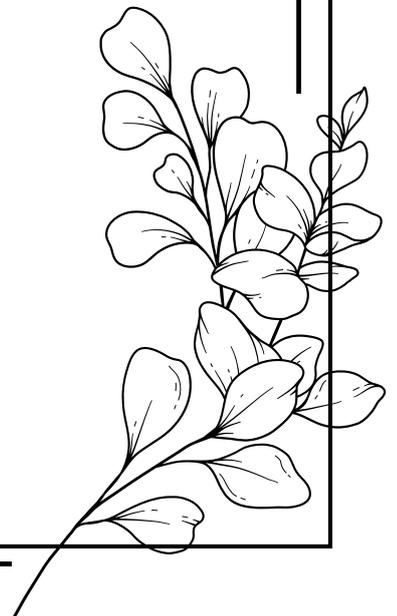
Jasminium sambac

Arugula

Eruca vesicaria

Bee Balm

Monarda didyma



Tuberous Begonia

Begonia X tuberhybrida

Borage

Borago officinalis

Broccoli

Brassica oleracea

Calendula

Calendula officinalis

Chamomile

Matricaria recutita

Chives and Society Garlic

Allium spp. and Tulbaghia

Chrysanthemum

Chrysanthemum X morifolium

Dendranthema X Gradifloral

Cilantro

Coriandrum sativum

Citrus Blossom (lemon & orange)

Citrus limonia and C. sinensis

Daylilies

Hemerocallis spp.

Dill

Anthem graveolens

Elderberry Flowers

Sambucas canadensis, S. caerulea

English Daisy

Bellis perennis

Fennel

Foeniculum vulgare

Honeysuckle

Lonicera japonica

Lavender (English of French)

Lavendula angustifolia (officinalis)

Lilac

Syringa vulgaris

Marigold

Tagetes

Mustard (Indian mustard)

Japanese Red Mustard

Spinach Mustard

Brassicajuncea B.spp.

Nasturtium

Tropaeolum majus

Peas

*Caution- Do Not Confuse edible
pea pod blossoms with sweet
pea *flowers*(which are
poisonous)

Pisum sativum

Pinks

Dianthus spp.

Radish

Raphanus sativus

Rosemary

Rosmarinus officinalis

Rose

Rosa spp.

Saffron

Crocus sativus

Sage

Salvia officinalis, S. elegans

Scented Geranium

Pelargonium spp.

Squash Blossom

Cucurbita spp.

Strawberry

Fragaria X ananassa

Thyme

Thymus spp.

Tulip

Tulipa spp

Viola, Pansy, Johnny-Jump-Up

Viola cornuta, V. wittrockiana, and

V. tricolor

Violets

Viola odorata

The above list is a great start in your edible flower journey.

I encourage you to look into more edible flower options, how to grow them and how to use them.

Note: always use caution when trying new varieties.

Check to be sure they are on the safe to eat list, if not, do not try them.

Also, as with other food sources, wash well and use organic sources when possible.

Included here are some resources you may find helpful.

Much of my learning has been cultivated from books, however there are also many online resources available.

the EDIBLE FLOWER GARDEN

Rosalind Creasy

A HANDBOOK of EDIBLE FLOWERS

Florence G. Gale and Charles J. Ziga

EDIBLE FLOWERS

Kitty Morse

Seeds and Soil

Planted Places

www.plantedplaces.com

Territorial Seed Company

www.territorialseed.com

Victory Seeds

www.victoryseeds.com

Uprising Seeds

www.uprisingorganics.com