

# Kettleby Herb Farms' Guide to:

## Edible Flowers

The following is a list of some edible flowers that can be used in your recipes or as garnishes. They have been listed by flavour to assist you in choosing the most appropriate ones.

### The Rules:

1. Eat only those flowers that you know are safe.
2. Make sure they are properly identified.
3. Only eat organically grown edible flowers.
4. Generally only the petals are used, rinse with water
5. Taste flowers to make sure they are complimentary to your dish.

### The Flavours:

#### **Sweet :**

Chamomile (*Matricaria recutita*)-applelike  
Daylily (*Hemerocallis sp.*)-sweet  
Red Clover (*Trifolium pratense*)-sweet  
Sweet Woodruff (*Galium odoratum*)-mildly sweet  
Yucca (*Yucca sp.*)  
Linden (*Tilia sp.*)  
Dandelion (*Taraxacum sp.*)-bitter when old

#### **Spicy/Sweet:**

Anise Hyssop (*Agastache foeniculum*)-licorice  
Bergamot (*Monarda didyma*)-aromatic, lemon  
Clove Pinks (*Dianthus caryophyllus*)-clove like  
Fennel (*Foeniculum vulgare*)-mild licorice  
Pineapple Sage (*Salvia elegans*)-fruity

#### **Floral:**

Lavender (*Lavandula sp.*)-strong, perfumy  
Rose (*Rosa sp.*)-perfumy  
Sweet Violet (*Viola odorata*)-strong, perfumy  
Scented Geranium (*Pelargonium sp.*)  
Lilac (*Syringa sp.*)  
Jasmine (*Jasminum sambac, J. officinale*)

#### **Minty:**

Johnny-Jump-Up (*Viola tricolor*)-mild and minty  
Mint (*Mentha sp.*)-variable with variety, some to try include-applemint, chocolate, peppermint, lime, banana  
Pansy (*Viola x. wittrockiana*)-mild

#### **Peppery/Spicy:**

Arugula (*Eruca sativa*)  
Coriander (*Coriandrum sativum*)  
Mustard (*Brassica juncea*)  
Nasturtium (*Tropaeolum majus*)  
Radish (*Raphanus sativus*)

#### **Citrus:**

Hibiscus (*Hibiscus rosasinensis*)-mild  
Lemon Bergamot (*Monarda citriodora*)-strong lemon  
Lemon Verbena (*Aloysia triphylla*)-sweet lemon  
Signet Marigold (*Tagetes tenuifolia*)-tarragon flavour with a hint of citrus

#### **Onion/Garlic :**

Chives (*Allium schoenoprasum*)-mild onion flavour  
Garlic Chives (*Allium tuberosum*)-onion and garlic  
Garlic scapes (*Allium sativum*)-garlic

#### **Herbal:**

Basil (*Ocimum sp.*)  
Borage (*Borago officinalis*)-cucumberlike  
Dill (*Anethum graveolens*)  
Hollyhock (*Alcea rosea*)-mild nutty  
Hyssop (*Hyssopus officinalis*)-strong  
Marjoram (*Origanum marjorana*)  
Oregano (*Origanum vulgare*)  
Rosemary (*Rosmarinus officinalis*)  
Sage (*Salvia officinalis*)  
Salad Burnet (*Poterium sanguisorba*)-cucumber, nutty  
Savory (*Satureja hortensis, S. montana*)  
Thyme (*Thymus sp.*)

#### **Bitter:**

Calendula (*Calendula officinalis*)-mild, also useful for colouring butters, cheeses or can be used as a saffron substitute for rice dishes.  
Chicory (*Cichorium intybus*)-mild, beautiful blue colour.  
English Daisy (*Bellis perennis*)-mild  
Safflower (*Carthamus tinctorius*)-strong  
Sunflower (*Helianthus annuus*)-bittersweet  
Chrysanthemum (*Dendranthema x. grandiflora*)-mild

#### **Others:**

Purple Coneflower (*Echinacea purpurea*)-pink/purple  
Mallow-Common (*Malva sylvestris*)-pink striped  
Mallow-Musk (*Malva moschata*)-pink/mauve colour  
Marshmallow (*Althaea officinalis*)-pale pink & white  
Pea (*Pisum sativum*)-pea-like flavour  
Rose-of-Sharon (*Hibiscus syriacus*)-mild  
Runner Bean (*Phaseolus coccineus*)-bean-like flavour  
Squash (*Cucurbita sp.*)-vegetal  
Tulip (*Tulip sp.*)-bean or pea like flavour