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Edible Flowers

This chart is a collaborative research project by [Amy Barclay de Tolly](#) and Home Cooking Guide [Peggy Trowbridge](#). The links will take you to full color photos of the specific flowers to help with identification, but please don't depend solely on these photos. Be sure you know exactly what you choose to consume. If you are allergy-prone, it's probably best to forego consumption of flowers. For more information, refer to the article on [Incredible Edible Flowers](#) and [Poisonous Plants and Flowers Chart](#).



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Edible Flowers

Common Name	Botanical Name	Comments
Angelica	Angelica archangelica	May be skin allergen to some individuals. Good with fish and the stems are especially popular candied. Tastes like: celery-flavored. More info here .
Anise Hyssop	Agastache foeniculum	Tastes like: sweet, anise-like, licorice
Apple	Malus species	Eat in moderation; may contain cyanide precursors. Tastes like: delicate floral flavor
Arugula	Eruca vesicaria	Tastes like: nutty, spicy, peppery flavor
Basil	Ocimum basilicum	Tastes like: different varieties have different milder flavors of the corresponding leaves. Tastes like: lemon, mint. More info here .
Bee Balm	Monarda species	Used in place of bergamot to make a tea with a flavor similar to Earl Grey Tea. More info here .
Borage	Borago officinalis	Taste like: light cucumber flavor. More info here .
Burnet	Sanguisorba minor	Tastes like: faint cucumber flavor, very mild. More info here .
Calendula*	Calendula officinalis	Tastes like: poor man's saffron, spicy, tangy, peppery, adds a golden hue to foods
Carnation	Dianthus caryophyllus (aka Dianthus)	Tastes like: spicy, peppery, clove-like
Chamomile*	Chamaemelum nobile	Tastes like: faint apple flavor, good as a tea
Chicory*	Cichorium intybus	Buds can be pickled.
Chives: Garden	Allium schoenoprasum	Tastes like: mild onion flavor. More info here .
Chives: Garlic	Allium tuberosum	Tastes like: garlicky flavor

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Citrus: Lemon	Citrus limon	flavor, pungent Tastes like: waxy, pronounced flavor, use sparingly as an edible garnish, good for making citrus waters
Clover	Trifolium species	Raw flowerheads can be difficult to digest.
Coriander	Coriander sativum	Pungent. A prime ingredient in salsa and many Latino and Oriental dishes. Tastes like: Some palates detect a disagreeable soapy flavor while others adore it. More info here.
Cornflower*	Centaurea cynaus (aka Bachelor's Buttons)	Tastes like: sweet to spicy, clove-like
Dandelion*	Taraxacum officinalis	Tastes like: very young buds fried in butter taste similar to mushrooms. Makes a potent wine.
Day Lily	Hemerocallis species	Many Lilies (Lillium species) contain alkaloids and are NOT edible. Daylilies may act as a laxative. Tastes like: sweet, crunchy, like a crisp lettuce leaf, faintly like chestnuts or beans More info here.
Dill	Anthum graveolens	Tastes like: tangy, leafy
English Daisy*	Bellis perennis	Tastes like: sweet, licorice flavor. More info here.
Fennel	Foeniculum vulgare	Tastes like: slightly acidic
Fuchsia	Fuchsia X hybrida	Tastes like: light, sweet flavor
Gardenia	Gardenia jasminoides	Tastes like: similar to lettuce
Gladiolus*	Gladiolus spp	Tastes like: slightly acidic, boiled makes a nice beverage
Hibiscus	Hibiscus rosa-sinensis	Tastes like: very bland, nondescript flavor
Hollyhock	Alcea rosea	Berries are highly poisonous. Do not eat them!
Honeysuckle: Japanese	Lonicera japonica	Should be avoided by pregnant women and by those with hypertension and epilepsy.
Hyssop	Hyssopus officinalis	Tastes like: very bland, nondescript flavor
Impatiens	Impatiens wallerana	Tastes like: delicate sweet flavor, used for teas.
Jasmine: Arabian	Jasminum sambac	Contains saponins and may be toxic in large amounts. Tastes like: sweet to bland flavor
Johnny-Jump-Up	Viola tricolor	Lavender oil may be poisonous. More Info. Tastes like: floral, slightly perfumey flavor
Lavender	Lavendula species	Tastes like: lemony flavor, usually steeped for tea
Lemon Verbena	Aloysia triphylla	Tastes like: lemony, floral, pungent
Lilac	Syringa vulgaris	Tastes like: sweet, delicate flavor
Mallow: Common	Malva sylvestris	Tastes like: spicy to bitter
Marigold: Signet	Tagetes tenuifolia (aka T. signata)	More info here.
Marjoram	Origanum majorana	

Mustard	Brassica species	Eating in large amounts may cause red skin blotches. More info here.
Nasturtium	Tropaeolum majus	Buds are often pickled and used like capers. Tastes like: sweet, mildly pungent, peppery flavor
Okra	Abelmoschus esculentus (Hibiscus esculentus)	Tastes like: similar to squash blossoms
Pansy	Viola X wittrockiana	Tastes like: very mild sweet to tart flavor
Pea	Pisum species	Flowering ornamental sweet peas are poisonous.
Pineapple Guava	Feijoa sellowiana	Tastes like: similar to the ripe fruit of the plant, flavorful
Primrose	Primula vulgaris	Birdseye Primrose (P. farinosa) causes contact dermatitis. Tastes like: bland to sweet flavor
Radish	Raphanus sativus	Tastes like: milder, sweeter version of the more familiar radish heat
Redbud	Cercis canadensis	Tastes like: mildly sweet
Rose	Rosa rugosa or R. gallica officinalis	Tastes like: sweet, aromatic flavor, stronger fragrance produces a stronger flavor. Be sure to remove the bitter white portion of the petals. Rose hips are also edible (see Rose Hips Recipes).
Rosemary	Rosmarinus officinalis	Tastes like: pine-like, sweet, savory. More info here
Runner Bean	Phaseolus coccineus	Tastes like: nectar, bean-like
Safflower*	Carthamus tinctorius	Another "poor man's saffron" without the pungent aroma or strong flavor of the real thing
Sage	Salvia officinalis	Sage should not be eaten in large amounts over a long period of time. Tastes like: varies by type. More info here.
Savory: Summer	Satureja hortensis	More info here.
Scented Geranium	Pelargonium species	Citronella variety may not be edible. Tastes like: varies with differing varieties from lemon to mint. More info here.
Snapdragon	Antirrhinum majus	Tastes like: bland to bitter flavor
Society Garlic	Tulbaghia violacea	Tastes like: a very mild garlic flavor
Squash Blossom	Cucurbita pepo species (aka Zucchini Blossom)	Tastes like: sweet, nectar flavor. More info here.
Sunflower*	Helianthus annuus	Tastes like: leafy, slightly bitter. Lightly steam petals to lessen bitterness. Unopened flower buds can be steamed like artichokes.
Thyme	Thymus vulgaris	Tastes like: lemon, adds a nice light scent. More info here.

		The flowers and stems contain oxalic acid and should not be consumed by individuals suffering from gout, kidneystones, or rheumatism. Further, the flower should be eaten in strict moderation. Tastes like: crisp, sour, lemony
Violet	Viola species	Tastes like: sweet, nectar
Yucca	Yucca species	Only the petals are edible. Other parts contain saponin, which is poisonous. Large amounts may be harmful. Tastes like: crunchy, fresh flavor
Flowers to Avoid	Some flowers in <i>particular</i> to be avoided (but not a complete list) are: azalea, crocus, daffodil, foxglove, oleander, rhododendron, jack-in-the-pulpit, lily of the valley, and wisteria. See a more complete list .	
*Only the petals of these composite flowers are edible. The pollen of composite flowers is highly allergenic and may cause reactions in sensitive individuals. Sufferers of asthma, ragweed, and hayfever should not consume composite flowers, and may have extreme allergies to ingesting any flowers at all.		

Disclaimer: The author and Home Cooking Guide have thoroughly researched all the aforementioned edible flowers. However, individuals consuming the flowers, plants, or derivatives listed here do so entirely at their own risk. Neither the authors or Home Cooking can be held responsible for any adverse reaction to the flowers.

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