

## FLORAL EDIBLES LIST WITH PHOTO



*Borage*

Versatile in flavor and visually stunning, edible flowers add beauty and grace to any plate.

This list is a work in progress. I will also be adding original photos for each variety, as time permits.

### EDIBLE FLOWERS, HERB and VEGETABLE

**FLOWERS:** Almost all herb, vegetable and fruit flowers are edible. Some varieties can cause stomach upset or allergic reaction. If you are prone to allergic reaction err on the side of caution and eat only what you know has

not bothered you in the past.

*Rose:* (rose hips, petals) mild, sweet, honey flavor,  
mild rose essence, red, pinks, white, yellow



*Rose Petal Jelly* recipe

*Orchids:* light cucumber – various colors

*Buzz Buttons:* Electric tingle on the palette – yellow  
and maroon



*Camellia Sinensis*: Large white flower. Early, green shoots, dried to various degrees to produce the source for all green, oolong and black teas.



*Dianthus*: strong tart – red and magenta

*Star Flower*: sweet and mild, cucumber

*Sun Daisy*: mild

*Nasturtium*: spicy, peppery, sweet



*Pansy:* mild, tangy, velvety texture

*Snapdragon:* intense sweet

*Sparkler Top:* neutral but stunning

*Viola:* Tart mild

*Jasmine:* cucumber, sweet

*Bean Flowers:* sweet

*Bachelor Buttons:* tart, shades of pink, purple

*Calendula:* mild, tart

*Chocolate Bell:* mild chocolate

*Cosmos:* mild

*Mums:* mild floral taste

*Marigolds:* citrus, tangy

*Fire Stix:* similar to corn silk

*Borage:* cucumber, sweet, pink and light corn flower blue (Borage is used as either a fresh vegetable or a dried herb. As a fresh vegetable, borage, with a *cucumber*-like taste, is often used in salads or as a garnish.<sup>[3]</sup> The flower, which contains the non-toxic *pyrrolizidine alkaloid* (PA) *thesinine*, has a sweet honey-like taste and is one of the few truly blue-colored edible substances. Source: [wikipedia.org](https://en.wikipedia.org))



*Fennel Blossoms:* anise, licorice

*Radish:* spicy, radish flavor

*Squash Blossoms:* mild, sweet zucchini flavor

*Arugula Blossoms:* spicy, sweet

*Chive Blossoms:* mild onion

*Garlic Flowers:* mild garlic, sweet

*Lavender:* sweet, herbal

*Stevia:* sweet, white