



Edible Flower Guide

- Create a signature salad mix with nasturtium, calendula, bachelor's button, and more
- Garnish cakes and frozen confections with marigold, dianthus, and viola
- Add flavor and aroma to drinks with mint, basil, and borage flowers
- Sprinkle rosemary, thyme, and sage flowers on pizza, soups, and other savory dishes
- Spice up desserts with monarda, anise hyssop, and Gem marigold flowers



GROWING EDIBLE FLOWERS

For more tips on options, types, and flavors, when to harvest, and storage, see Johnnyseeds.com/edible-flowers-video



Johnny's Edible Flower Guide provides a quick reference for suitable crops, bloom size, flavor profile, and potential uses.

As a grower, edible flowers provide a diversity of value-added opportunities, perhaps with crops you are already growing. Chefs use edible flowers to add signature color, texture, and flavor to a number of dishes, and growers and chefs can blend in blooms to create a specialized, signature salad mix. Don't let the term "edible flowers" restrict your imagination — many herbs and vegetables produce edible blooms that can be added to salads, soups, desserts, and other dishes.

Vegetables & Fruit edible blooms



Arugula

Flavor: Nutty

Great for Salad Mix

Bloom Size: 1"

Add flowers to salads and savory dishes, or use as garnish on any dish.



Fava Bean

Flavor: Mild bean

Bloom Size: 1½" long

Use as garnish, or add to salads and sweet and savory dishes.



Mustard

Flavor: Spicy

Great for Salad Mix

Bloom Size: 1"

Add flowers to salads and soups for a spicy accent.



Pea

Flavor: Mild pea

Great for Salad Mix

Bloom Size: 1"

Use in micro mix, salad mix, or to garnish desserts.



Strawberry

Flavor: Mild strawberry

Bloom Size: 1–1½"

Sprinkle petals on salads or to garnish desserts; use whole flowers as garnish.



Anise Hyssop

Flavor: Sweet anise, mint
Bloom Size: 1–3" spikes

Both flowers and leaves are edible; use to flavor drinks, tea, ice cream, cake, or use as garnish; use blooms in beef stir-fry or chicken marinade.

Herbs

edible blooms



Basil

Flavor: Intense basil
Bloom Size: 1–3" spikes

Use in any recipe that calls for basil, and to garnish drinks, salads, soups, pasta, and desserts.



Borage

Flavor: Mild cucumber
Bloom Size: 1/2–3/4" blooms

Add blossoms to salads, or use to garnish cold drinks and desserts, or freeze in ice cubes.



Chives/Garlic Chives

Flavor: Mild, sweet onion
Bloom Size: 1–1 1/2" globes

Pull apart florets and sprinkle on salads, dips, sauces, soups, stir-fries, and pizzas; great addition to potato salad.



Cilantro/Coriander

Flavor: Mild cilantro
Bloom Size: 2–3" umbels

Use raw on salads, chicken, and spicy Southwestern dishes.



Dill

Flavor: Dill
Bloom Size: 2–8" umbels

Use young flowers to garnish potato salad, green salads, and fish; add umbels to pickles.



Fennel

Flavor: Sweet anise
Bloom Size: 2–8" umbels

Use florets to garnish savory dishes and desserts; pairs well with fish, egg, potato, tomato, and beet dishes.



Lavender

Flavor: Sweet, fragrant
Bloom Size: 1/2–1" florets

Use to garnish desserts; adds a distinctive flavor element to baked goods and teas.



Mexican Mint Marigold

Flavor: Sweet licorice
Bloom Size: 1–3" spikes

Sprinkle on desserts or use as garnish.



Mint

Flavor: Minty
Bloom Size: 1/2" blooms

Use to garnish salads, soups, desserts, and drinks.



Sage

Flavor: Mild sage
Bloom Size: 1/2" blooms on 2–4" spikes

Flower spikes can be battered and fried, or blooms used to garnish salads, pizza, or tapas.

Flowers

edible blooms



Bachelor's Button

Flavor: Mild, sweet
Great for Salad Mix
Bloom Size: 1–1½"
 Sprinkle petals on salads and desserts.



Calendula

Flavor: Tangy, slightly bitter
Great for Salad Mix
Bloom Size: 2–3"
 Use petals in soups, soufflés, rice dishes, and baked goods, and to garnish salads and desserts.



Dianthus

Flavor: Mild, clove
Bloom Size: ½–¾"
 Use petals to garnish salads, desserts, soups, and cold drinks; a favorite for decorating cakes.



Hyacinth Bean

Flavor: Mild bean, sweet
Bloom Size: ½–¾"
 Flowers are eaten raw or steamed; use as a garnish for salads and desserts.



Marigold, Standard

Flavor: Spicy, citrusy
Bloom Size: 1–3"
 Use petals in salads or for garnishing a wide variety of dishes.



Marigold, Gem

Flavor: Spicy, citrusy
Bloom Size: ½–1"
 Both leaves and flowers are edible; use in salads, desserts, or as garnish for any dish.



Monarda

Flavor: Spicy, minty
Great for Salad Mix
Bloom Size: 1–1½" long
 Sprinkle petals over desserts and mild fish; use in green salads, fruit salads, or to garnish drinks.



Nasturtium

Flavor: Spicy, peppery
Great for Salad Mix
Bloom Size: 2–2½"
 Use leaves, pods, and flowers in salads; use as garnish; stuff flowers with soft cheese.



Scarlet Runner Bean

Flavor: Bean-like
Bloom Size: ½–¾"
 Use to garnish salads, soups, and desserts.



Snapdragon

Flavor: Bitter, floral
Bloom Size: 1½"
 Add small amounts to salads, desserts, and drinks as a garnish.



Stock

Flavor: Clove, peppery
Great for Salad Mix
Bloom Size: ½–¾"
 Use to garnish salads, desserts, and drinks.



Sunflowers

Flavor: Bittersweet
Bloom Size: 2–8"
 Fry buds or use petals as a garnish in salads and desserts.



Viola

Flavor: Wintergreen
Great for Salad Mix
Bloom Size: ⅔–4"
 Use to garnish salads, desserts, and hors d'oeuvres.