



# 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

Learn More

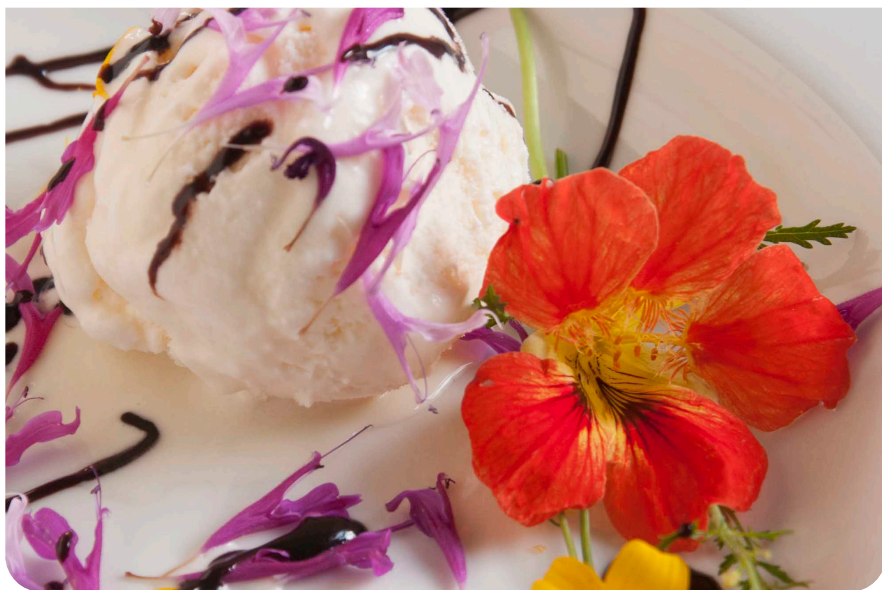


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## Eat Your Flowers

For tips from the Slow Flowers community on growing edible flowers for profit, see: [johnnyseeds.com/eat-your-flowers](https://johnnyseeds.com/eat-your-flowers)





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



### Mustard

**Flavor:** Spicy  
**Great for Salad Mix**  
**Bloom Size:** 1"

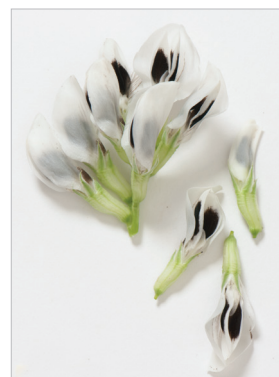
*Add flowers to salads and soups for a spicy accent.*



### 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.*



### 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.*



# Herbs

## EDIBLE BLOOMS



**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.



**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:** ½–¾" 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:** 1–1½" 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:** ½–1" 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:** ½" blooms

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



**Sage**

**Flavor:** Mild sage  
**Bloom Size:** ½" 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.*



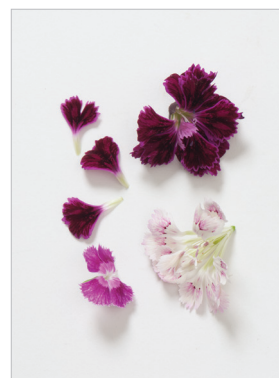
**Calendula**

**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 in green salads, fruit salads, or to garnish drinks.*



**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:** 2/3–4"

*Use to garnish salads, desserts, and hors d'oeuvres.*