



Edible Flower Guide

- Create a signature salad mix with nasturtiums, calendula, bachelor's buttons, and more
- Garnish cakes and ice cream with marigolds, dianthus, and violas
- 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





Johnny's Edible Flower Guide provides you with a quick reference for edible flowers, including information about bloom size, flavor profile, and suggested uses.

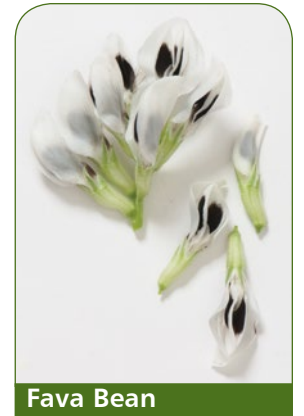
As a grower, edible flowers provide diverse value-added opportunities, perhaps with crops that you are already growing. Chefs use edible flowers to add unique color, texture, and flavor to a number of dishes, and you or a chef can blend in blooms to create a specialized, signature salad mix. Don't let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

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: 1 1/2" 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: 1-1 1/2"
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: 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*

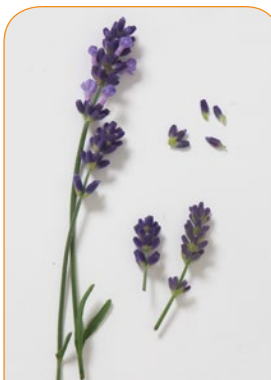
Use young flowers to garnish potato salad, green salads, and fish; add umbels to pickles



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 distinct flavor element in baked goods and tea



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 use blooms to garnish salads and pizzas

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 in salads or as garnish for any dish



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