



# Edible Flowers 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 series marigold flowers

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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)



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 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  
Bloom Size: 1"*

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



**Arugula**

*Flavor: Nutty  
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  
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*  
*Bloom Size: 1–1½"*

*Sprinkle petals on salads and desserts.*



**Calendula**

*Flavor: Tangy, slightly bitter*  
*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*  
*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*  
*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*  
*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*  
*Bloom Size: ¾–4"*

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