

15 Edible Flowers

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Edible Flower Tips

- Use flowers that are grown without pesticides.
- Pick flowers early in the day.
- For best flavor, use flowers at their peak.
- Avoid unopened blossoms or wilted and faded flowers.
- Purchase edible blooms from trusted sources and that have been grown for food consumption.

Herb Blossoms

CHIVE BLOSSOMS: Delicate, oniony flavor

BORAGE BLOSSOMS: Cucumber flavor

RED CLOVER: Sweet, anise-like, licorice

LAVENDER: Sweet and slightly perfumed

SAGE BLOOMS: Sweet-savory flavor

THYME BLOSSOMS: Lemony flavor

Floral Blossoms

MARIGOLDS: Slightly spicy, saffron flavor

FREESIA: Garnish and tisane

HIBISCUS: Tart and sweet, like cranberries

NASTURTIUMS: Slightly peppery, like watercress.

PANSIES: Slightly grassy, minty flavor

PEA FLOWERS: Slightly sweet, like peas

ROSES: Subtle yet fruity flavor

VIOLETS: Sweet, floral flavor

ZUCCHINI BLOSSOMS: Delicate and slightly sweet flavor