

Please note that this list pertains only to the edibility of the flower portion of the plant. Never eat any plant or flower you cannot identify with certainty. Treat edible flowers as you might mushrooms. Different people have different sensitivities even to commonly eaten edible flowers. An excellent resource for further information is Cathy Wilkinson Barash's "Edible Flowers: From Garden to Palate".

Anise Hyssop (<i>Agastache foeniculum</i>)	Maple (<i>Acer macrophyllum</i> ; <i>A. rubrum</i>)
Arugula (<i>Erusca vesicaria</i>)	Marigold (<i>Tagetes erecta</i> , <i>T. tenuifolia</i> , <i>T. lucida</i>)
Basil (<i>Ocimum basilicum</i>)	- most marigolds while edible, don't taste good. Try "Lemon Gem", "Tangerine Gem", and "Mexican Tarragon."
Bee Balm (<i>Mondarda didyma</i>)	Mint (<i>Mentha</i> spp)
Tuberous Begonia (only Begonia x tuberhybrida)	Mitsuba (<i>Cryptotaenia japonica</i>)
(Note: Wax Begonia is carcinogenic)	Mustard (<i>Brassica</i> spp)
Borage (<i>Borago officinalis</i>)	Nasturtium (<i>Tropaeolum majus</i> ; <i>T. mius</i> : <i>T. tuberosum</i>)
Brassica (<i>Brassica</i> spp.)	Nootka Rose (<i>Rosa nutkana</i>)
Calendula (<i>Calendula officinalis</i>)	Nodding Onion (<i>Allium cer nuum</i>)
Clove Pink (<i>Dianthus caryophyllus</i>)	Oregano (<i>Oreganum vulgare</i>)
Chamomile (<i>Matricaria recutita</i>)	Pansy (<i>Viola</i> x <i>Wittrockiana</i>)
Chevril (<i>Anthriscus cerefolium</i>)	Peas (<i>Pisum sativum</i>) -not Sweet Pea flowers (<i>Lathyrus odoratus</i>) which are toxic.
Chive (<i>Allium schoenoprasum</i>)	Pineapple Guava (<i>Feijoa Sellowiana</i>)
Chives, Garlic (<i>Allium tuberosum</i>)	Pineapple Sage (<i>Salvia elegans</i>)
Chrysanthemum (<i>Chrysanthemum</i> x morifolium)	Rose (<i>Rosa</i> spp)
Coriander (<i>Coraindrum sativum</i>)	Rosemary (<i>Rosmarinus officinalis</i>)
Cress (<i>Lepidium sativum</i>)	Sage (<i>Salvia</i> spp)
Dill (<i>Anethum graveolens</i>)	Scarlet Runner Bean (<i>Phaseolus</i> <i>coccineus</i>)
Daisy, English (<i>Bellis perennis</i>)	The Painted Lady Runner Bean is also edible and quite beautiful.
Dandelion (<i>Taraxacum officinale</i>)	Shungiku (<i>Chrysanthemum coronarium</i>)
Day Lily (<i>Heimerocallis fulva</i>)	Sorrel (<i>Rumex acetosa</i>)
Fennel (<i>Foeniculum vulgare</i>)	Savory, Summer (<i>Satureja hortensis</i>)
Garlic Mustard (<i>Allaria petiolata</i>)	Savory, Winter (<i>Satureja Montana</i>)
Geranium, Scented (<i>Pelargoniums</i>)	Sunflower (<i>Helianthus annuus</i>)
Herbs (all culinary flowers)	Sweet Cicely (<i>Myrrhis odorata</i>)
Hibiscus (<i>Hibiscus</i> spp)	Tarragon (<i>Artemesia dracunculus</i>)
Hyssop (<i>Hyssopus officinalis</i>)	Thyme (<i>Thymus</i> spp)
Jasmine (<i>Jasminum gradiflorum</i>)	Tulip (<i>Tulipa</i> spp.) Do not eat the tulip bulb.
-do not confuse with Carolina Jessamine (<i>gelsemium sempervirens</i>) which is poisonous.	Vegetables, All except: tomato, potato, egg plant, bell peppers and asparagus.
Lavender (<i>Lavendula</i> spp)	Viola (<i>Viola cornuta</i>)
Johnny Jump Up (<i>Viola tricolour</i>)	Violet (<i>Viola odorata</i>)
Lemon Balm (<i>Melissa officinalis</i>)	Watercress (<i>Nasturtium officinale</i>)
Lemon Verbena (<i>Lippia citriodora</i>)	Yucca (<i>Yucca</i> spp)
Lily (<i>lilium auratum</i>) Only true lilies are edible. There are many other 'lilies' such as Aztec, Calla, Mariposa, African and Lily of the Valley- all of which are poisonous.	
Lovage (<i>Levisticum officinale</i>)	
Marjoram (<i>Origanum majorana</i>)	

Top 10 Edible Flowers, Carnations, Roses, Scented Geraniums, Violets ...

Edible flowers have graced tables across cultures throughout the centuries. It isn't a new fad or the latest fashion, and you will be surprised just how many flowers there are that can be used for your salads, soups, puddings and dishes. And for those of you who don't think you could ever eat flowers, if you have ever eaten cauliflower, [broccoli](#) and artichokes, then you have eaten flowers! However, along with edible flowers, and edible fruit flowers, there are also some words of caution that go with this and common sense prevails.

EDIBLE FLOWERS, SAFETY AND PRECAUTIONS

Always make sure that you know what you are eating. That is, be sure of the identification of the plant, because eating the wrong flower is like eating the wrongly identified mushroom; it could make you very sick, or worse.

Also make sure that the flowers that you are eating have not been sprayed with any insecticides or pesticides. This of course can be overcome by growing your own and taken from locations that you know are pesticide free, such as the fields from your own farm and homesteads. And lastly, everything in moderation. Don't eat too many flowers all the time.

I cannot stress more the importance of making sure that you are eating flowers that really are edible and safe to consume. Luckily for us, those flowers that are toxic forewarn us by usually giving off a pungent smell and are very bitter to the taste. Despite this however, it really isn't the right 'acid test' to take. Be very sure of your plants, and if you don't know the difference between a daisy and a dandelion, rather stay away from being adventurous with edible flowers!

TWO TYPES OF EDIBLE FLOWERS

There are two types of edible flowers: **ornamental flowers** and **herbal flowers**. Where there is a great diversity in the taste of the various ornamental flowers, eating herbal flowers tastes no different to their parent plant leaves and stems.

HARVESTING YOUR EDIBLE FLOWERS

Flowers should be picked in the cool of the day, after the dew has evaporated, around noon. **For maximum flavor choose flowers at their peak**, and do not pick flowers that are not fully opened, or have already started to wilt. Once picked keep them in a cool place with the stems in water. If you have chosen blossoms for your dish without stems then these should only be picked about 2 – 4 hours prior to use and placed on a damp piece of kitchen towel in a plastic bag and placed in the refrigerator.

Because pollen can cause distress to those with allergies, and because it also interferes with the true flavor of the flower, it is best to remove both the pistils and the stamens, if possible. Flowers that have multiple stamens like roses and calendulas only the petals are edible and even these need our attention. At the base of each of these petals is a white part that should be removed to avoid a bitter taste when eaten. Marigolds also fall into this category.

HEALTH BENEFITS OF EDIBLE FLOWERS

Eating flowers means that there are few carbohydrates, fat or protein in what you are eating. However, some flowers have vitamin C or A, and contain other trace elements such as calcium, zinc and magnesium. Borage is said to help us forget our troubles, and calendula flowers, commonly known as marigolds are said to bring happiness.

TOP TEN EDIBLE FLOWERS



BORAGE

Eating borage is said to make us forget our troubles, gives us courage by stimulating our adrenaline and tastes like cucumbers. The leaves or flowers can be put in salads or sauces. Placing the flowers in ice-blocks adds interest to drinks.



CALENDULA

The calendula is also known as the *Pot Marigold* and when the petals are dried they can be added to soups and scrambled egg to add a yellow hue to the dishes in place of saffron. The leaves can also be brewed into a tea.



CARNATION

Carnation (*Dianthus*) petals must be separated from the calyx and the white base removed before use as it makes eating them very bitter. What you are left with is a clove-like taste, and the petals can be added to jellies, aspics, salads, herb butters and cordials.



GARLAND CHRYSANTHEMUM

The garland chrysanthemum or *edible chrysanthemum* is well known in Asian cuisine. The leaves can be steamed, stir-fried or boiled and used instead of greens. The petals can also be brewed into a tea. The petals are tangy and go well with lamb.



DANDELION

Use the leaves raw for salads or steam. The flowers are good both cooked and raw and make good wine but remove the white base first and choose buds or young flowers for the honey-like flavour. Don't eat the stems.



SCENTED GERANIUMS

The flavor of scented geranium flowers ranges from rose, to lemon to nutmeg and can be added to sorbets, ice creams and desserts. The leaves can also be used and added to soups, stews and sauces for flavor.



NASTURTIUMS

My favorite! Add leaves and stems to any green salad for a peppery lift. Flowers can be stuffed with cream cheese, or added to salads. Pickled nasturtium seeds make a cheap caper substitute.



ROSES

Long used for teas and infusions, the sweeter varieties can be found in the darker colored roses. Miniature roses can be candied and used for cake decorating by using egg whites and castor sugar. Rose hips make good jelly.



VIOLETS

Most violets are edible, but some yellow species may be slightly cathartic. Flowers can be candied with egg white and castor sugar and used for decorating cakes or desserts. They combine well with scented geranium leaves and lemon balm for a fragrant salad.



ZUCCHINI BLOSSOMS

A well-known dish that is enjoyed throughout Italy and beyond uses the male flowers (with no bulge underneath) of the zucchini plant. They are stuffed and fried, or sometimes just coated in a light batter and deep-fried.

More Flowers you can Eat

Name of Flower	Goes well with ...
Angelica (<i>Angelica archangelica</i>)	salads, vegetables, fruit
Anise hyssop (<i>Agastache foeniculum</i>)	salads, vegetables, pasta, fruit
Basil (<i>Ocimum basilicum</i>)	tomatoes, vegetables, fish, chicken, pasta, rice
Bergamot petals (<i>Monarda didyma</i>)	salads, vegetables, pasta, fish
Borage (<i>Borago officinalis</i>)	salads, fruit
Calendula (<i>Calendula officinalis</i>)	salads, stews
Catmint (<i>Nepeta cataria</i>)	vegetables, pasta, rice
Chicory (<i>Cichorium intybus</i>)	salads
Chives (<i>Allium schoenoprasum</i>)	salads, vegetables, sauces
Coriander (<i>Coriandrum sativum</i>)	Asian dishes, salads, soups, vegetables
Day lily (<i>Hemerocallis</i> spp.)	Asian dishes, soups, salads
Dill (<i>Anethum graveolens</i>)	salads, fish, vegetables, dressings, pickles
Fennel (<i>Foeniculum vulgare</i>)	salads, fish, pork
Garland chrysanthemum	salads, vegetables, soups

(Chrysanthemum coronarium)	
Garlic chives (Allium tuberosum)	salads, vegetables, sauces
Heartsease (Viola tricolor)	salads, fruit
Hollyhock (Alcea rosea)	fruit, dessert
Honeysuckle (Lonicera caprifolium)	salads, desserts
Lavender (Lavandula angustifolia)	chicken, desserts, cakes, biscuits, honey
Lemon (Citrus limon)	Asian dishes, desserts
Lemon verbena (Aloysia triphylla)	fruit
Mint (Mentha spp.)	salads, desserts, vegetables
Myrtle (Myrtus communis)	fruit, fish, pork
Nasturtium (Tropaeolum majus)	salads, vegetables
Orange (Citrus sinensis)	Asian dishes, desserts
Oregano (Origanum vulgare)	vegetables, fish, chicken
Phlox (Phlox drummondii)	salads, desserts
Pinks (Dianthus spp.)	fruit, desserts, cakes
Primrose (Primula vulgaris)	salads
Rocket (Eruca sativa)	Asian dishes, salads
Rosemary (Rosmarinus officinalis)	tomatoes, lamb
Rose petals (Rosa spp.)	jam or jelly, cake
Sage (Salvia officinalis)	Asian dishes, rice, meat
Sunflower petals (Helianthus annus)	Asian dishes, salads, pasta
Sweet cicely (Myrrhis odorata)	fruit
Sweet violet (Viola odorata)	salads, desserts
Yarrow (Achillea millefolium)	salads, vegetables
Zucchini (Cucurbita pepo)	usually lightly battered or stuffed; but remove stamens first

Edible Flower List - What You Should Know and Grow



I have to say I'm a proponent of the more practical aspects of gardening: You know, eat what you grow; stick with plant varieties that are somewhat self-sustaining for your area like native species that don't need coddling; and nurture plants and herbs in your landscape like ginger, mint and sage that can be used lots of ways (think home remedies, pest control, cooking and crafting). You get three or four for one without any added work, water or fertilizer.

When I started reading about edible flowers, the idea was a hard sell. I mean, culinary flowers have some frou-frou appeal, but only if you're going to plant them for other reasons anyway, right. Toss some marigold (*calendula*) into a salad and a bed of lettuce will look prettier, sure. Anything else seems like a lot of work for not very much in return.

Uses for Edible Flowers

It turns out that isn't true, though. Edible flowers can be remarkably handy. You can use them to decorate your table, increase the appeal of the foods you prepare, and enhance beverages and desserts. You can also turn bumper crops into potpourri, dried flower arrangements, wreaths and sachets. A plain bottle of garlic infused oil (or vinegar) looks pretty nice. Throw in a few flower petals and peppercorns and you have the makings of an attractive and delicious hostess gift. To make it even easier, there are lots of edible flowers to choose from, and many of them are prolific and easy to grow.

Edible Blossoms - Imagine the Possibilities



Green Tea and Mums

If your kids hate vegetables, don't be too surprised. Kids' taste buds are different from adults in a number of ways. There's evidence to suggest that youngsters taste bitter and sour flavors more strongly than adults do. When that tossed salad with spinach and broccoli is hopelessly unpopular, sprinkling some pink rose petals or pineapple sage blossoms on it may encourage you kids to give it a go. I'm not saying adding flowers to all your regular dishes will turn mealtime into a veggie extravaganza, but it could make introducing new things more entertaining and successful. Hey, it's worth a try.

Edible flowers can be sweet, peppery or citrusy. They can taste mildly of cinnamon, nutmeg or vanilla. They can also be

crunchy like lettuce, as refreshing as a slice of cucumber or as cool as melon ball. If you've wanted to come up with an attractive salad for that potluck dinner at work (or church or your quilt guild) edible flowers sass up a salad with lots of color, interesting fragrances and often a flavor bump that's fun and unexpected -- and it's a sure bet your presentation will get high marks.

There's something else, too. Where an herb or vegetable like sage may have too strong a flavor for your taste, the flower from that plant will likely be a milder version with a more subtle appeal in dishes like flavored butters or soft cheeses. Give one a try. I have some suggestions at the end of this article.

Tips for Using Edible Flowers

We have a good list of edible flower options below, but before you take a look, pay attention to these rules for safe edible flower use:

- **Never assume** a flower is safe to eat. Know the plant and check the literature to make sure it's okay. Just because the leaves or seeds of a plant are safe doesn't necessarily mean all the plant parts are edible.
- **Avoid eating wild flowers.** It may sound alarmist, but you don't know what wild plants have been growing in or around, so prefer home grown plants you can vouch for.
- **Avoid plants that have been sprayed with pesticides.** This includes your prize winning roses. Set aside a spot in the garden for edibles and grow your culinary flowers (vegetables and herbs) in that location.
- **Identify what you grow.** If you grow lots of flowers in your landscape and plan on adding some edibles, label them for easy identification later.
- **When in doubt, pass.** Common names for plants can get confusing because there can be many plants known by the same common name. Because plants can appear simultaneously in widely differing geographic locations, regional communities over the years (decades and centuries) have come up with their own pet names for them. Adorable names can be recycled and refer to different plants over time and long distances. For instance, Calendula is known as pot marigold and Tagetes is known as French marigold. Calendula is edible while some varieties of French marigold are not.
- **Wash flowers** thoroughly before using them.



Dandelion

- **Take them for a spin.** Flowers will stay fresher longer if you spin or blot them dry after washing.

Edible Flower List and Recommendations

What follows is a list of common edible flowers. I've tried to avoid varieties that can lead to marigold-like confusion:

- **Angelica** (*Angelica archangelica*) - Good on fish, in salads or with egg dishes.
- **Anise Hyssop** (*Agastache foeniculum*) - Nice in fresh garden salad
- **Artichoke** (*Cynara scolymus*) - Market artichokes are actually the flowering portion of the artichoke plant.
- **Arugula** (*Eruca Sativa*) - This slightly bitter salad green bolts easily when temps soar, but that's a good thing. The hidden surprise about arugula is that its cross shaped flowers taste almost better than its spicy leaves. Take it from Baia Nicchia, who made me aware of omitting this tasty flower in the first draft of my list.
- **Bee Balm** (*Monarda didyma*) - Use as a tea or sprinkled on fresh salad or steamed peas.
- **Borage** (*Borago officinalis*) - Sugar and use as a decoration on baked goods. Borage flowers taste like cucumber.
- **Broccoli** (*Brassica oleracea*) - Like artichokes, broccoli florets are flowers.

- **Burnet** (*Sanquisorba minor*) - Has a mild cucumber flavor.



Calendula (Marigold)

- **Calendula** (*Calendula officinalis*) - Use on rice, pasta, egg dishes and salad.
- **Carnation** (*Dianthus caryophyllus* - *Dianthus*) - Remove the bitter white base of the petal and use the rest in desserts. Carnation petals are aromatic, spicy and mildly sweet. Nice.
- **Chervil** (*Anthriscus cerefolium*) - White flowers that have an anise flavor.
- **Cilantro** (*Coriander sativum*) - Sprinkle flowers on salads, tacos and bean dishes.
- **Chrysanthemum** (*Chrysanthemum coronarium*) - Blanch and use in place of bitter greens (like arugula) in salad.
- **Citrus Blossoms** (orange, lemon, lime, grapefruit) - Toss in fruit salads.
- **Cornflower** (*Centaurea cyanaea*) - Use as a garnish.
- **Dandelion** (*Taraxacum officinalis*) - Pick young blossoms and steam them as a side dish.
- **Dill** (*Anethum*) - Very nice sprinkled on broiled salmon or served with shellfish.
- **English Daisy** (*Bellis perennis*) - Use sparingly as a salad garnish.
- **Fennel** (*Foeniculum vulgare*) - Has a mild anise flavor, and makes an effective garnish. I like sprinkling it on white sauce pizza.
- **Fuchsia** (*Fuchsia X hybrida*) - Another wonderful garnish that's also edible. Dancing ladies look very pretty on a plate with a cupcake. Just a suggestion.
- **Garden Sorrel** (*Rumex acetosa*) - Sorrel flowers are tart and lemony. Use like lemon: on steamed veggies, as a salad topping or in sauces (add at the last minute).
- **Ginger** (*Zingiber officinale*) - Eat the petals raw for a mild gingery flavor that's very refreshing.
- **Hibiscus** (*Hibiscus rosa-sinensis*) - A few petals can take the place of bitter greens in salad for a very attractive presentation. Hibiscus makes a tasty tea additive, too.



Johnny-Jump-Up

- **Impatiens** (*Impatiens wallerana*) - The flowers have a sweet flavor. They can be used as a garnish in salads or in sangria or other chilled drinks.
- **Johnny-Jump-Up** (*Viola tricolor*) - Can be used as a garnish or as a flavoring in salads.
- **Lavender** (*Lavandula angustifolia*) - This one has a floral flavor that's sweet and peppery. It's one my favorites. It's appealing in sweet as well as savory dishes. You can also flavor sugar with it and use it as a seasoning in baked goods. Yum.
- **Lilac** (*Syringa vulgaris*) - Lemony taste. Good in egg dishes and salads.
- **Nasturtium** (*Tropaeolum majus*) - Sweet, spicy and peppery. The flavor of nasturtium flowers have been compared to watercress. Wonderful in salads and simple sandwiches.
- **Okra** (*Abelmoschus esculentus*) - An exotic flower with little flavor but lots of drama. It has real presence as a large garnish.
- **Pansy** (*Viola X wittrockiana*) - Very attractive sugared on baked goods. Pansy is also colorful in salads. It has a rather mild flavor but may be in bloom in autumn when other flowers have finished for the season. Check the introductory photo for an idea of how to use pansy as a decorative garnish. Wow.
- **Passionflower** (*Passiflora incarnate*) - Passionflower has an interesting aroma and a mild flavor. Its exotic appearance makes it another flower that can be used to make a big statement on a serving platter.
- **Peony** (*Paeonia lactiflora*) - Petals are tasty in salad, tea, punch and lemonade.
- **Pineapple Sage** (*Salvia elegans*) - The bright red flowers are very pretty in salads and have a faint, sweet pineapple aroma.
- **Primrose** (*Primula vulgaris*) - A good flower to try first in recipes like fruit and vegetable salads. It looks pretty but has a very mild, sweet flavor. It integrates easily in many dishes. Experiment.
- **Rose** (*R. gallica officinalis* - *Rosa rugosa*) - Remove the white section at the base of the petal before eating. Rose petals taste like a cross between apples and berries with a hint of black peppery punch. Good raw in salad, frozen in desserts or cooked in jelly.
- **Savory** (*Satureja hortensis*) - Peppery with a little heat.
- **Scented Geranium** (*Pelargoniums*) - Lots of varieties. The type will give you an indication of the flavor, i.e. lemon, orange, rose, etc. Citronelle geranium varieties are not edible, so pass on those.
- **Squash Blossom** (*Curcubita pepo*) - Zucchini and pumpkins produce prolific blossoms that are delicious fried in an egg and flour batter. It may sound silly, but these are a delicacy. I have a recipe for fried squash flowers if you're interested. Check the recipe section in the sidebar on the left of this page.
- **Sunflower** (*Helianthus annus*) - Steam unopened buds as you would an artichoke. Once open, sunflowers taste slightly bitter but work well in salads. Choose miniature varieties for whole-flower garnishes.
- **Sweet Woodruff** (*Galium odoratum*) - Sweet with a hint of cinnamon. These flowers are tiny, though, so use flowing sprigs.
- **Thyme** (*Thymus*) - If you think thyme has a moldy flavor, try using the small flowers in egg dishes. Delish. Like woodruff, the flowers are so-so tiny but worth a nibble.
- **Tulip Petals** (*Tulipa*) - Tulip petals taste a bit like cucumber. Some folks are allergic, so test before eating. (Eat the petals only.)
- **Violet** (*Viola*) - Sweet flavor. Freeze them in ice cubes or sugar them as a cake or cupcake decoration. Also good in ice cream and sorbet.
- **Yucca Petals** (*Yucca*) - Slightly sweet. Tasty in salad.



Hibiscus

Special note: Many herb flowers have a more subdued flavor than the herbs themselves. If you think a particular herb is a bit overpowering in your recipes, try using the flowers petals instead. Some good examples are:

- **Basil** (*Ocimum basilicum*)
- **Lemon Verbena** (*Aloysia triphylla*)
- **Marjoram** (*Origanum majorana*)
- **Mint** (*Mentha*)
- **Oregano** (*Origanum vulgare*)
- **Sage** (*Salvia officinalis*)
- **Savory** (*Satureja hortensis*)
- **Thyme** (*Thymus*)

Poisonous Plants and Flowers	
Common Name	Botanical Name
Aconite (wolfsbane, monkhood)	Aconitum spp.
Anemone (windflower)	Anemone spp.
Anthurium	Anthurium spp.
Atamasco lily	Zephyranthes spp.
Autumn crocus	Colchicum autumnale
Azalea	Azalea spp. (Rhododendron spp.)
Baneberry	Actaea spp.
Black locust	Robinia pseudo-acacia
Bloodroot	Sanguinaria canadensis
Boxwood	Buxus spp.
Burning bush (strawberry bush, spindle tree, wahoo)	Euonymus spp
Buttercup	Ranunculus spp.
Butterfly weed	Asclepias spp.
Caladium	Caladium spp.
Calla (calla lily)	Calla palustris (Zantedeschia aethiopica)
Carolina jasmine (yellow jessamine)	Gelsemium sempervirens
Castor bean	Ricinus communis
Cherry laurel	Prunus caroliniana
Chinaberry (bead tree)	Melia azedarach
Christmas rose	Helleborus niger
Clematis	Clematis spp.
Daffodil	Narcissus spp.
Deadly nightshade (belladonna)	Atropoa belladona
Death cammas (black snakeroot)	Zigadenus spp.
Delphinium (larkspur)	Delphinium spp.
Dogbane	Apocynum androsaemifolium
Dumbcane	Dieffenbachia spp.
Elephant ears	Colocasia antiquorum
False hellebore	Veratrum viride
Four o'clock	Mirabills jalapa
Foxglove	Digitalis purpurea
Giant elephant ear	Alocasia spp.
Gloriosa lily	Glonosa superba

Golden chain tree (laburnum)	Laburnum anagyroides
Goldenseal	Hydrastis canadensis
Heavenly bamboo (nandina)	Nandina domestica
Henbane (black henbane)	Hyoscyamus niger
Horse chestnut (Ohio buckeye)	Aesculus spp.
Horse nettle	Solanum spp.
Hyacinth	Hyacinthus orientalis
Hyacinth bean	Dolichos lab lab
Hydrangea	Hydrangea spp.
Iris	Iris spp.
Ivy (English ivy)	Hedera helix
Jack-in-the-pulpit	Arisaema triphyllum
Jerusalem cherry	Solanum pseudocapsicum
Jessamine (jasmine)	Cestrum spp.
Jetbead (jetberry)	Rhodotypos tetrapetala
Jimson weed	Datura spp (Brugmansia spp.)
Jonquil	Narcissus spp.
Kentucky coffee tree	Gymnocladus dioica
Lantana	Lantana camara
Leopard's bane	Arnica montana
Lily of the valley	Convallaria majalis
Lobelia (cardinal flower, Indian tobacco)	Lobelia spp.
Marsh marigold	Caltha palustris
May apple (mandrake)	Podophyllum peltatum
Mescal bean (Texas mountain laurel, frijo lillo)	Sophora secundiflora
Mistletoe	Phoradendron spp.
Morning glory	Ipomoea violacea
Mountain laurel	Kalmia latifolia
Nightshade	Solanum spp.
Oleander	Nerium oleander
Periwinkle (myrtle, vinca)	Vinca spp.
Philodendron	Philodendron spp. (Monstera spp.)
Pittosporum	Pittosporum spp.
Poison hemlock	Conium maculatum
Potato	Solanum tuberosum
Privet	Ligustrum spp.
Rhododendron	Rhododendron spp.
Rock poppy (celandyne)	Chelidonium majus
Schefflera	Schefflera spp.
Spring adonis	Adonis vernalis
Spurge	Euphorbia spp.
Star of Bethlehem	Ornithogalum umbellatum
Sweet pea	Lathyrus spp.
Tobacco	Nicotiana tabacum
Trumpet flower (chalice vine)	Solandra spp.
Water hemlock	Cicuta maculata
Wild cherry (black cherry)	Prunus serotina

Wisteria	Wisteria spp.
Yellow allamanda	Allamanda cathartica
Yellow oleander (tiger apple, be still tree, lucky nut)	Thevetia peruviana
Yesterday-today-and-tomorrow	Brunfelsia spp.

Edible Flowers		
Common Name	Botanical Name	Comments
Angelica	Angelica archangelica	May be skin allergen to some individuals. Good with fish and the stems are especially popular candied. Tastes like: celery-flavored. More info here .
Anise Hyssop	Agastache foeniculum	Tastes like: sweet, anise-like, licorice
Apple	Malus species	Eat in moderation; may contain cyanide precursors. Tastes like: delicate floral flavor
Arugula	Eruca vesicaria	Tastes like: nutty, spicy, peppery flavor
Basil	Ocimum basilicum	Tastes like: different varieties have different milder flavors of the corresponding leaves. Tastes like: lemon, mint. More info here .
Bee Balm	Monarda species	Also known as <i>bergamot</i> , it is used to make a tea with a flavor similar to Earl Grey Tea. More info here .
Borage	Borago officinalis	Taste like: light cucumber flavor. More info here .
Burnet	Sanguisorba minor	Tastes like: faint cucumber flavor, very mild. More info here .
Calendula *	Calendula officinalis	Tastes like: poor man's saffron, spicy, tangy, peppery, adds a golden hue to foods
Carnation	Dianthus caryophyllus (aka Dianthus)	Tastes like: spicy, peppery, clove-like
Chamomile *	Chamaemelum nobile	Tastes like: faint apple flavor, good as a tea
Chicory *	Cichorium intybus	Buds can be pickled.
Chives : Garden	Allium schoenoprasum	Tastes like: mild onion flavor. More info here .
Chives : Garlic	Allium tuberosum	Tastes like: garlicky flavor
Chrysanthemum : Garland*	Chrysanthemum coronarium	Tastes like: slight to bitter flavor, pungent
Citrus : Lemon	Citrus limon	Tastes like: waxy, pronounced flavor, use sparingly as an edible garnish, good for making citrus waters
Clover	Trifolium species	Raw flowerheads can be difficult to digest.
Coriander	Coriander sativum	Pungent. A prime ingredient in salsa and many Latino and Oriental dishes. Tastes like: Some palates detect a disagreeable soapy flavor while others adore it. More info here .
Cornflower *	Centaurea cynaus (aka Bachelor's Buttons)	Tastes like: sweet to spicy, clove-like
Dandelion *	Taraxacum officinalis	Tastes like: very young buds fried in butter taste similar to mushrooms. Makes a potent wine.
Day Lily	Heemerocallis species	Many Lilies (Lillium species) contain alkaloids and are NOT edible. Daylillies may act as a laxative. Tastes like: sweet, crunchy, like a crisp lettuce leaf, faintly like chestnuts or beans
Dill	Anthum graveolens	More info here .
English Daisy *	Bellis perennis	Tastes like: tangy, leafy
Fennel	Foeniculum vulgare	Tastes like: sweet, licorice flavor. More info here .
Fuchsia	Fuchsia X hybrida	Tastes like: slightly acidic
Gardenia	Gardenia jasminoides	Tastes like: light, sweet flavor
Gladiolus *	Gladiolus spp	Tastes like: similar to lettuce

Hibiscus	Hibiscus rosa-sinensis	Tastes like: slightly acidic, boiled makes a nice beverage
Hollyhock	Alcea rosea	Tastes like: very bland, nondescript flavor
Honeysuckle : Japanese	Lonicera japonica	Berries are highly poisonous. Do not eat them!
Hyssop	Hyssopus officinalis	Should be avoided by pregnant women and by those with hypertension and epilepsy.
Impatiens	Impatiens wallerana	Tastes like: very bland, nondescript flavor
Jasmine : Arabian	Jasminum sambac	Tastes like: delicate sweet flavor, used for teas.
Johnny-Jump-Up	Viola tricolor	Contains saponins and may be toxic in large amounts. Tastes like: sweet to bland flavor
Lavender	Lavendula species	Lavender oil may be poisonous. More Info . Tastes like: floral, slightly perfumey flavor
Lemon Verbena	Aloysia triphylla	Tastes like: lemony flavor, usually steeped for tea
Lilac	Syringa vulgaris	Tastes like: lemony, floral, pungent
Mallow : Common	Malva sylvestris	Tastes like: sweet, delicate flavor
Marigold : Signet	Tagetes tenuifolia (aka T. signata)	Tastes like: spicy to bitter
Marjoram	Origanum majorana	More info here .
Mint	Mentha species	More info here .
Mustard	Brassica species	Eating in large amounts may cause red skin blotches. More info here .
Nasturtium	Tropaeolum majus	Buds are often pickled and used like capers. Tastes like: sweet, mildly pungent, peppery flavor
Okra	Abelmoschus esculentus (Hibiscus esculentus)	Tastes like: similar to squash blossoms
Pansy	Viola X wittrockiana	Tastes like: very mild sweet to tart flavor
Pea	Pisum species	Flowering ornamental sweet peas are poisonous.
Pineapple Guava	Feijoa sellowiana	Tastes like: similar to the ripe fruit of the plant, flavorful
Primrose	Primula vulgaris	Birdseye Primrose (P. farinosa) causes contact dermatitis. Tastes like: bland to sweet flavor
Radish	Raphanus sativus	Tastes like: milder, sweeter version of the more familiar radish heat
Redbud	Cercis canadensis	Tastes like: mildly sweet
Rose	Rosa rugosa or R. gallica officinalis	Tastes like: sweet, aromatic flavor, stronger fragrance produces a stronger flavor. Be sure to remove the bitter white portion of the petals. Rose hips are also edible (see Rose Hips Recipes).
Rosemary	Rosmarinus officinalis	Tastes like: pine-like, sweet, savory. More info here
Runner Bean	Phaseolus coccineus	Tastes like: nectar, bean-like
Safflower *	Carthamus tinctorius	Another "poor man's saffron" without the pungent aroma or strong flavor of the real thing
Sage	Salvia officinalis	Sage should not be eaten in large amounts over a long period of time. Tastes like: varies by type. More info here .
Savory : Summer	Satureja hortensis	More info here .
Scented Geranium	Pelargonium species	Citronella variety may not be edible. Tastes like: varies with differing varieties from lemon to mint. More info here .
Snapdragon	Antirrhinum majus	Tastes like: bland to bitter flavor
Society Garlic	Tulbaghia violacea	Tastes like: a very mild garlic flavor
Squash Blossom	Cucurbita pepo species (aka Zucchini Blossom)	Tastes like: sweet, nectar flavor. More info here .

Sunflower *	Helianthus annuus	Tastes like: leafy, slightly bitter. Lightly steam petals to lessen bitterness. Unopened flower buds can be steamed like artichokes.
Thyme	Thymus vulgaris	Tastes like: lemon, adds a nice light scent. More info here .
Tuberous Begonia	Begonia X tuberosa	ONLY HYBRIDS are edible. The flowers and stems contain oxalic acid and should not be consumed by individuals suffering from gout, kidney stones, or rheumatism. Further, the flower should be eaten in strict moderation. Tastes like: crisp, sour, lemony
Violet	Viola species	Tastes like: sweet, nectar
(Banana) Yucca	Yucca baccata	Flowers (petals only) and fruit are edible. Other parts contain saponin, which is poisonous. Large amounts may be harmful. Tastes like: crunchy, fresh flavor Tastes like: crunchy, fresh flavor
Flowers to Avoid	Some flowers in <i>particular</i> to be avoided (but not a complete list) are: azalea, crocus, daffodil, foxglove, oleander, rhododendron, jack-in-the-pulpit, lily of the valley, and wisteria. See a more complete list .	

*Only the petals of these composite flowers are edible. The pollen of composite flowers is highly allergenic and may cause reactions in sensitive individuals. Sufferers of asthma, ragweed, and hay fever should not consume composite flowers, and may have extreme allergies to ingesting any flowers at all.