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SWANSONS

EDIBLE FLOWERS FOR THE NORTHWEST GARDENER

Edible flowers are a lot of fun to experiment with, yet little (and much contradictory) information exists about them. This list excludes all known poisonous and questionable flowers as well as most tropical flowers and some edible flowers with little culinary merit. Please note that this list pertains only to the edibility of the flower portion of the plant. Finally, never eat any plant or flower you cannot identify with certainty.

Note: Treat eating edible flowers as you might mushrooms. Different people have different sensitivities—try a small piece to check out your personal reaction.

Anise Hyssop - *Agastache foeniculum*

Arugula - *Eruca vesicaria*

Basil - *Ocimum basilicum*

Batchelor Button - *Centaurea cyanus*

Bee Balm - *Monarda didyma*

Begonia - *Begonia hybrid*

Borage - *Borago officinalis*

Brassicas - *Brassica spp.*

Calendula - *Calendula officinalis*

Clove Pink - *Dianthus caryophyllus*

Chamomile - *Matricaria recutita*

Chervil - *Anthriscus cerefolium*

Chive - *Allium schoenorasum*

Garlic Chives - *Allium tuberosum*

Chrysanthemums - *Chrysanth. x morifolium*

Citrus Blossoms - *Citrus limon, C. sinensis*

Clover, Red - *Trifolium pratense*

Coriander - *Coriandrum sativum*

Cress - *Lepidium sativum*

Daisy, English - *Bellis perennis*

Dandelion - *Taraxacum officinale*

Day Lily - *Hemerocallis fulva*

Dill - *Anethum graveolens*

Elderberry - *Sambucus canadensis*

ALL ELDER FLOWERS ARE EDIBLE. BLUE ELDER BERRIES ARE EDIBLE. RED ELDER BERRIES ARE POISONOUS!

Fennel - *Foeniculum vulgare*

Fuchsia - *Fuchsia hybrid*

Garlic Mustard - *Allaria petiolata*

Geranium, Scented - *Pelargoniums*

Gladiolas - *Gladiolus spp.*

DO NOT EAT GLADIOLUS GANDAVENSIS.

Herbs - all culinary flowers

Hibiscus - *Hibiscus spp.*

Hollyhock - *Alcea rosea*

Horehound, White - *Marrubium vulgare*

Hyssop - *Hyssopus officinalis*

Jasmine - *Jasminium grandiflorum*

DO NOT CONFUSE WITH CAROLINA JESSAMINE (GELSEMIUM SEMPERVIRENS) WHICH IS POISONOUS!

Jewelweed - *Impatiens carpense*

Lavender - *Lavandula spp.*

Johnny Jump Up - *Viola tricolor*

Lemon Balm - *Melissa officinalis*

Lemon Verbena - *Lippia citriodora*

Lily - *Lilium auratum*

ONLY TRUE LILIES ARE EDIBLE. THERE ARE MANY OTHER SO-CALLED 'LILIES' SUCH AS AZTEC, CALLA, MARIPOSA, AFRICAN, AND LILY OF THE VALLEY-ALL OF WHICH ARE POISONOUS!

Lovage - *Levisticum officinale*

Marjoram - *Origanum majorana*

Maple - *Acer macrophyllum, Acer rubrum*

Marigold - *T. tenuifolia, T. lucida*

MOST MARIGOLDS, WHILE EDIBLE, DON'T TASTE GOOD. TRY 'LEMON GEM', 'TANGERINE GEM' AND 'MEXICAN TARRAGON'

Meadowsweet - *Filipendula ulmaria*

Mint - *Mentha spp.*

Mitsuba - *Cryptotaenia japonica*

Mustard - *Brassica spp.*

Nasturtium - *Tropaelum majus*

Nootka Rose - *Rosa nutkana*

Nodding Onion - *Allium cernuum*

Oregano - *Origanum vulgare*

Pansy - *Viola x wirockiana*

Passion Flower - *Passiflora spp.*

Peas - *Pisum sativum*

NOTE: SWEET PEA FLOWERS (LATHYRUS ODORATUS) ARE POISONOUS!

Perilla - *Perilla frutescans*

Pineapple Guava - *Feijoa sellowiana*

Pineapple Sage - *Salvia elegans*

Poppy - *Papaver rhoeas*

PETALS ONLY. DO NOT EAT LEAVES. THE OPIUM, CALIFORNIA AND MEXICAN

POPPY FLOWERS ARE POISONOUS!

Primrose - *Primula vulgaris*

NOTE: GERMAN PRIMROSE (PRIMROSE OBCONICA) IS POISONOUS!

Prune - *Prunus domestica*

Rose - *Rosa spp.*

Rosemary - *Rosmarinus officinalis*

Sage - *Salvia spp.*

Salad Burnett - *Sanguisorba officinalis*

Scarlet Runner Bean - *Phaseolus coccineus*

THE PAINTED LADY RUNNER BEAN IS ALSO EDIBLE AND QUITE BEAUTIFUL.

Shungiku - *Chrysanthemum coronarium*

Sorrel - *Rumex acetosa*

Savory, Summer - *Satureja hortensis*

Savory, Winter - *Satureja montana*

Sunflower - *Helianthus annuus*

Sweet Cicely - *Myrrhis odorata*

Tarragon - *Artemisia dracunculus*

Thyme - *Thymus spp.*

Tulip - *Tulipa spp.*

DO NOT EAT THE TULIP BULB!

Vegetables - **All except: tomato, potato, eggplant, peppers and asparagus**

Viola - *Viola cornuta*

Violet - *Viola odorata*

Watercress - *Nasturtium officinale*

Water Lily - *Nymphia odorata*

WHITE NYMPHAEA ALBA AND YELLOW WATERLILY (NYMPHAEA LUTEUM) ARE POISONOUS!

Yucca - *Yucca spp.*