

Partial List of Edible Flowers:



Source: North Carolina State Extension. Horticulture Information Leaflet: Edible Flowers: Table 1

Common name	Scientific name	Flavor	Color	Comments
Anise hyssop	<i>Agastache foeniculum</i>	Anise	Lilac	Self seeding perennial
Apple	<i>Malus</i> spp.	Floral	White to pink	<i>Eat in moderation since flowers contain cyanide precursors</i>
Arugula	<i>Eruca vesicaria sativa</i>	Spicy	White	Annual; once flowers form the leaves become bitter
Basil	<i>Ocimum basilicum</i>	Herbal	White, lavender	Annual
Bachelor's button	<i>Centaurea cyanus</i>	Vegetal	White, pink, blue	Annual; petals are edible; the calyx is bitter
Bee balm	<i>Monarda didyma</i>	Minty, sweet, hot	Wide range	Perennial
Borage	<i>Borago officinalis</i>	Herbal	Blue	Annual; use with nasturtium; <i>use sparingly -- diuretic effects</i>
Broccoli	<i>Brassica officinalis</i>	Spicy	Green	Annual
Calendula	<i>Calendula officinalis</i>	Slightly bitter	Yellow, orange	Annual; most often used for color rather than flavor
Chamomile	<i>Chamaemelum noblis</i>	Sweet apple	White	Perennial; <i>drink tea in moderation -- contains thuaone; ragweed sufferers may be allergic to chamomile</i>
Chervil	<i>Anthriscus cerefolium</i>	Herbal	White	Annual

Chicory	<i>Cichorium intybus</i>	Herbal	Blue	Perennial
Chives	<i>Allium schoeono-prasum</i>	Onion	Lavender-pink	Perennial; avoid eating whole flower; taste can be overwhelming
Chrysanthemum	<i>Chrysanthemum</i> spp.	Strong	Perennial	Use the florets; strong flavor
Dandelion	<i>Taraxacum officinale</i>	Sweet, honey-like	Yellow	Perennial; use young flowers, mature flowers become bitter; flowers close after picking
Daylily	<i>Hemerocallis</i> spp.	Vegetal, sweet	Wide range	Perennial; <i>may act as a diuretic or laxative; eat in moderation</i>
Dianthus	<i>Dianthus</i> spp.	Sweet clove flavor	Wide range	Perennial; remove the narrow base of the petals (bitter)
Dill	<i>Anethum graveolens</i>	Herbal	Yellowish-green	Annual
Elderberry	<i>Sambucus canadensis</i>	Sweet	White	Perennial; do not wash flowers since it removes much of the flavor
English daisy	<i>Bellis perennis</i>	Mildly bitter	Pink	Perennial; ray flowers have a mildly bitter taste
Fennel	<i>Foeniculum vulgare</i>	Mildly anise	Yellow-green	Normally grown as an annual
Hibiscus	<i>Hibiscus rosa-sinensis</i>	Mildly citrus	Rose, red	Showy edible garnish
Hollyhock	<i>Althea rosea</i>	Vegetal	White, pink, red	Showy edible garnish
Honeysuckle	<i>Lonicera japonica</i>	Sweet	White to pale yellow	Perennial; <i>do not use other honeysuckle flowers</i>
Johnny-jump-up	<i>Viola tricolor</i>	Wintergreen	Purple and yellow	Annual; the petals have little flavor unless the green sepals are included; <i>contain saponins and may be toxic in large amounts</i>
Lavender	<i>Lavendula</i> spp.	Sweet, perfumed flavor	Lavender	Perennial; use sparingly due to intense flavor; <i>lavender oil may be poisonous</i>

Lilac	<i>Syringa vulgaris</i>	Varies	Lavender	Wide variation in flavor -- from no flavor to green and herbaceous to lilac
Linden	<i>Tilia</i> spp.	Honey-like	White	<i>Frequent consumption of linden flower tea can cause heart damage</i>
Lovage	<i>Levisticum officinale</i>	Celery	White	Perennial
Marigold	<i>Tagetes patula</i>	Bitter	Yellow, orange	Annual; Lemon Gem and Tangerine Gem have the best flavor
Mint	<i>Mentha</i> spp.	Minty	Purple	Perennial; each type of mint has its own unique flavor
Nasturtium	<i>Tropaeolum majus</i>	Spicy, peppery	Wide range	Annual
Okra	<i>Abelmoschus esculentus</i>	Vegetal	Yellow	Annual
Pansy	<i>Viola x wittrockiana</i>	Vegetal	Wide range	Annual; has a slightly sweet green or grassy flavor; petals have a mild flavor; whole flower has a wintergreen flavor
Passion flower	<i>Passiflora</i> spp.	Vegetal	Purple	Vine; showy flowers best used as a garnish
Pineapple sage	<i>Salvia elegans</i>	Sweet, fruity	Red	Perennial; flavor has a hint of mint and spice
Red clover	<i>Trifolium pratense</i>	Sweet	Red	Annual; raw clover flowers are not easily digestible
Rose	<i>Rosa</i> spp.	Perfumed	Wide range	Perennial: remove the white, bitter base of the petal
Rosemary	<i>Rosmarinus officinalis</i>	Herbal	Blue	Perennial
Sage	<i>Salvia officinalis</i>	Herbal	Purple-blue	Perennial
Scarlet runner bean	<i>Phaseolus vulgaris</i>	Vegetal	Purple	Annual; flower only last one to two days
Scented geraniums	<i>Pelargonium</i> spp.	Varies	Wide range	Perennial; the flavor is usually similar to the scent of the leaves
Signet marigold	<i>Tagetes signata</i>	Spicy, herbal	Yellow	Annual; <i>may be harmful if eaten in large amounts</i> ; other marigolds are edible but have a tangy to bitter flavor

Snapdragon	<i>Antirrhinum majus</i>	Bitter	Wide range	Annual; use as a garnish
Squash	<i>Curcubita pepo</i>	Vegetal	Yellow	Annual
Sunflower	<i>Helianthus annuus</i>	Varies	Yellow	Annual; flower is best eaten in bud stage when it has an artichoke flavor; petals of open flowers have a bitter-sweet flavor; <i>pollen can cause a reaction for some people</i>
Sweet woodruff	<i>Galium odoratum</i>	Sweet, nutty, vanilla	White	<i>Can have a blood thinning effect if eaten in large amounts</i>
Thyme	<i>Thymus</i> spp.	Herbal	White	Perennial herb
Tulip	<i>Tulipa</i> spp.	Vegetal	Wide range	Bulb; good stuffed
Violet	<i>Viola odorata</i>	Sweet, perfumed	Purple, white	Perennial; use candied or fresh