EDIBLE FLOWERS

BY FRANK DURDA
TARRANT COUNTY MASTER GARDENER
DANDELION

BE SURE NO ONE HAS SPRAYED IT WITH
WEEDKILLER
ARTICHOKE
BASIL
BLUE GINGER
LAVENDER

MUCH COMMERCIALY GROWN LAVENDER HAS BEEN SPRAYED WITH INSECTICIDE
CHRYSANTHEMUM
BURR CLOVER

Raw flowers are hard to digest.
DILL
ONION

Flowers of onions, chives, leeks, shallots are all edible.
CORNFLOWER
FUSHIA
RED GINGER
GLADIOLAS
DAY LILY
HIBISCUS
JASMINE
MARIGOLDS
NASTURTIUM
FLOWER BUDS CAN BE USED AS A SUBSTITUTE FOR CAPERS
SCENTED GERANIUM
PANSY
PEA FLOWER

ORNAMENTAL SWEET PEAS ARE NOT EDIBLE
PERENNIAL PHLOX

Perennial Phlox only Annual Phlox is not edible.
QUEEN ANNE’S LACE
POISON HEMLOCK
LOOKS LIKE QUEEN ANNE’S LACE SAID TO BE A
VERY PAINFUL DEATH
ROSE

WHITE PART AT END OF PETAL IS BITTER

ROSE HIPS MAKE A TEA HIGH IN VITAMIN C
SNAPDRAGON
FLAVOR DEPENDS ON GROWING CONDITIONS
AND TYPE OF SOIL
SQUASH BLOSSOMS
THEY ARE MOST COMMONLY BATTERED AND DEEP FRIED
SUNFLOWER
MULTI COLOR ROSES MOSTLY USED FOR DECORATION
JOHNNIE JUMP-UPS
YUCCA

FLOWERS CAN BE BATTERED AND DEEP FRIED LIKE SQUASH BLOSSOMS