



## GUIDE TO EDIBLE FLOWERS

Always be sure of your identification before eating and remove the stamens and styles to avoid eating the pollen, as it can trigger allergies for some.



### Pansies/Johnny Jump ups

These flowers have a wintergreen flavor and are pretty on cakes and other desserts.



### Calendula

Easy to grow in a garden, calendula petals can have a peppery taste and are good in salads.



### Anise Hyssop

If you like licorice, this is the edible flower for you. Separate the florets and add them to sweet or savory dishes.



### Scarlet Runners

The scarlet runner plant has a beautiful bean and edible flowers that are good in steamed vegetables.



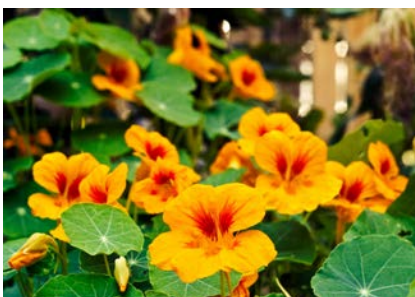
### Bee Balm

Bee balm is a member of the mint family and has minty-tasting flowers too.



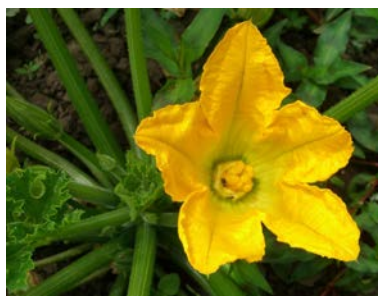
### Daylily

Daylily buds and flowers can taste a bit like asparagus. They are good in stir-frys and are a staple in Asian cuisine.



### Nasturtiums

These blossoms have a peppery flavor like arugula and the leaves can be eaten too.



### Squash blossoms

You can put these in pasta sauce or stuffed with cheese and fried.



### Borage

This herb has a blue flower with a light fresh taste that can be added to fruit salads.