

Edible Flowers

Brought To You By:
Washington State University
Cowlitz County Master Gardeners

In **Western Washington**, if you grow flowers, hanging baskets, a vegetable garden, orchard trees & bushes, or just let your **fields go “native”**, you are surely growing at least one safely- edible species of flower. To be safe, **avoid eating “treated/sprayed” blooms.**

Use reputable online sites or books to identify and indicate the edibility of a flower before tasting it. **One reference is not enough!** Sometimes sites will all refer to the very same, single article – checking the **bibliography is helpful**. University sites are the most reliable.

Do not assume that because one part of a plant is edible, that all parts of that plant are also edible.

Research, research, research!

Each person's **body is different**, you may react adversely to something your neighbor can consume with impunity. Therefore, **ingest moderately** the first time you try a new food, and consider your allergies. **IOW:** pollen in a blossom may aggravate your hay fever, and harvesting flowers may bring you into contact with bees and wasps.

** And, Edible is not necessarily Palatable **

COMMON EDIBLE FLOWERS IN YOUR ORCHARD

All fruit trees commonly-grown in the PNW contain minute amounts of cyanide in the seeds, pits, & blooms. However, blooms, with their tiny mass, are considered perfectly safe to eat in moderate doses or use as a garnish

Seeded fruits: Apples, Crabapples, Pears;
delicate blooms, floral flavors, use blooms
in moderation

Pitted fruits: Apricot, Cherry, Peach,
Plum: sweetish delicate scent, blooms often
used as decoration or to make perfume

Citrus: Orange, lemon, grapefruit:
Sparingly or as garnish. Flavor water by
soaking blooms. Rather citrusy, often
used in Mediterranean cooking

Blueberry
Cranberry
Currant

Huckleberry
Raspberry
Strawberry



Common Edible Flowers in your Flower Beds

Alliums:

Chives,
Garlic Chives

Garlic,
Shallots,

Various garden onions.



Common Edible Flowers in your Flower Beds

Borage:

Blooms start
pink, turn
blue, edible at
all stages



Common Edible Flowers in your Flower Beds

Calendula: Various shades of orange, considered antibacterial (homemade salves, etc).

Daisy: Many varieties are edible - English in your garden, Oxeye in field, or Shasta hybrids.

Common Edible Flowers in your Flower Beds

Daylily: Eat the
bud, stuff the
bloom, chop
petals into salad.
May wish to
remove stamens.



Common Edible Flowers in your Flower Beds

Impatiens: The cultivated, not natives, are from Africa, many of the common bedding- cultivars having slightly sweet blooms.

Nasturtium: Slightly peppery, wonderful colors, prolific.

Common Edible Flowers in your Flower Beds

Marigolds: "Gem" cultivars are considered best, or French for tangy flavor. Anti-inflam/antimicrobial



Common Edible Flowers in your Flower Beds

Roses: All are considered safe; Mini, Hybrid Tea, Multiflora, Rambler, Rugosa, Native, etc.

Viola: Pansy, Johnny Jump-ups, Violets: Lovely in salad, added to jelly, crystallize for toppings, decorate drinks, freeze in ice cubes.

Common Edible Flowers in your Flower Beds

AND A FEW OTHERS:

***there are hundreds more out
there.***

Common Edible Flowers in your Flower Beds

Whenever possible, it is best to use the “**original**” cultivar, as altering the genetic makeup of a plant/flower **may change** its usage. In today’s GMO culture, you can’t be too careful!

Common Edible Flowers in your Vegetable Garden

Alliums: Onions, Shallots, Garlic,
Egyptian Onions, Elephant Garlic

Beans: Scarlet Runner are wonderful;
research Broad & Green Beans

Brassicas: Bok choy, Broccoli,
Cauliflower, Kale, Radish

Common Edible Flowers in your Vegetable Garden

Garden Peas:

vegetable peas, (*not*
ornamental sweet pea
flowers)



Summer Squash,
Zucchini, Pumpkin



Common Edible Flowers in your Vegetable Garden

Herbs: Many have edible flowers, many do not. Some edible flowers: Basil, Dill, Fennel, Lavenders, Marjoram, Mints, Oregano, Rosemary, Sage, Thyme, etc.

COMMON EDIBLE FLOWERS IN YOUR FIELD

Blackberry: Pacific, Himalayan,
Evergreen (*Rubus species*)

Daisy: English Daisy: (*Bellis
perennis*) Oxeye Daisy: Strew
petals (*Leucanthemum vulgare*)

**Oxeye is a WA State Class C
Noxious Weed*



COMMON EDIBLE FLOWERS IN YOUR FIELD

Dandelion: (*Taraxacum officinale*)

Pineapple Weed; (*Matricaria discoides*)

Salal: (*Gaultheria shallon*)



COMMON EDIBLE FLOWERS IN YOUR FIELD

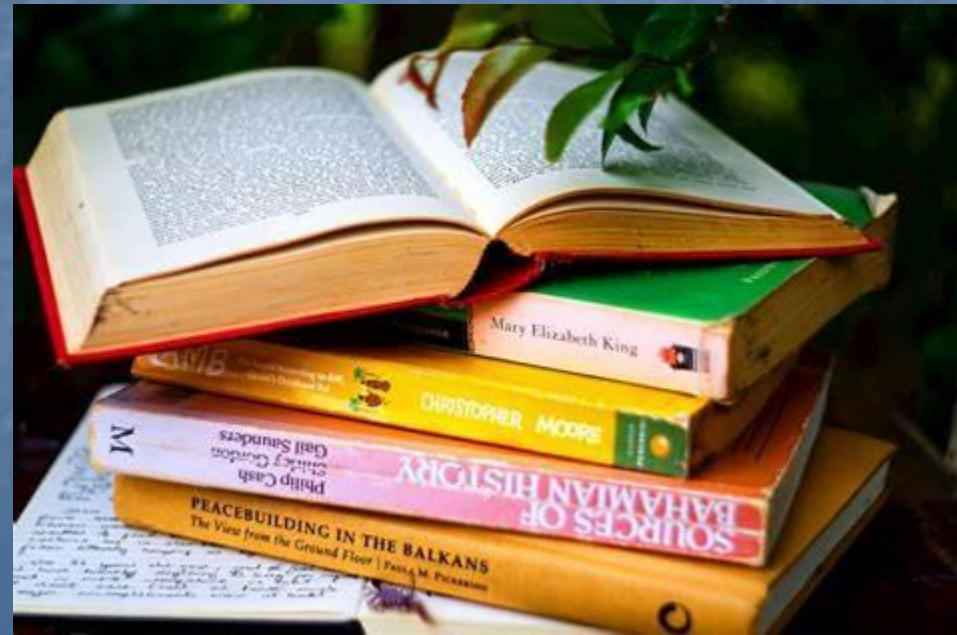
Salmonberry:
(*Rubus spectabilis*)

Thimbleberry:
(*Rubus parviflorus*)



A Few Resource Suggestions To Get You Started

Books: Any good reference materials on plant identification



A Few Resource Suggestions To Get You Started

Online: Any university or state extension-office websites. Some others:

Better Homes & Gardens **EdibleWildFood.com**
Britannica.com/plants **canada.ca**
davesgarden.com **Eat the Weeds**
Gardening Channel **The Spruce**
gardeningknowhow.com
wildrootsgarden.com