

Edible Flowers

From Organic Edibles, Diana Mendelsohn

Use wild or cultivated. Never use flowers from a florist, or those treated with pesticides

Flower	Tastes like	Color	Use
Bergamot	mint	red or purple	beverages, on fruit
Chive blossoms	chives	light purple	salads or cream
Chrysanthemum	lettuce	yell. orange or red	soups, salad
Dianthus	cloves	reds, pinks	baking, salad, soups
Honeysuckle	sweet	white, yellow, pink	fruit, salad, dessert
Lavender	sweet	lavender	fruit, salads, dessert
Daylilies (use unopened buds steamed or stirfried, or petals raw in salads)	vegetable	yell, red, orange	side dish
Nasturtium	peppery	red, yellow, orange	entrees, salads, veg.
Rose (trim white end of petal closest to flower center)	sweet	many	desserts, salads
Squash blossom	vegetable	yellow	deep fry, soups
Violet	sweet	purple, white	desserts, garnish, jelly

