



Grow Edible Flowers to Enjoy Culinary Delights

Nancy McDonald, Master Gardener

Plant	Edible Parts	Growing Tips	Culinary Uses
Calendula (<i>Calendula officinalis</i>)	Petal	Grow from seed (start 6-8 weeks before last frost) or sow outdoors after last frost. Full sun and compost-rich soil or potting soil Bloom all season long; deadhead to increase blooms	Salads, soups, in pasta dishes, in rice dishes, omelettes, sauces
Cilantro (<i>Coriandrum sativum</i>)	Leaves, seeds, flowers	Grow from seed. Crowded conditions allow the leaves to shade the roots and help to keep the plant from bolting in hot weather. Grow cilantro where it gets early morning or late afternoon sun.	Use the flowers wherever you would use Cilantro leaves. Intense flavour.
Dill (<i>Anethum graveolens</i>)	Leaves, flowers, seeds	Sow dill seeds about ¼-inch deep. Dill does not transplant well. Make sure to shelter the plants from strong winds. In your garden, plant dill next to cabbage or onions , but keep it away from carrots . Will self seed.	Soups, sauces, salads, pickles
Dandelion (<i>Taraxacum officinale</i>)	Young flowers and leaves	Only harvest plants that have not been treated with or grown in pesticide -treated landscapes.	Salads, tea, wine
Daylily (<i>Hemerocallis</i> spp.)	Flower buds and open flowers	Full sun (6 hours/day), on moist, yet well-drained soil.	Petals used in pancakes, frittatas, dips. Dried buds used in sweet and sour soup.
Lavender (<i>Lavandula angustifolia</i>)	Leaves and flowers	Full sun, lean soil	Use sparingly, so as not to overpower the dish. Can be used to flavour, ice cream, in baked goods, teas, lemonade, honey, sauces.

Nasturtium (<i>Tropaeolum majus</i>)	Leaves, flowers	Plant nasturtium seeds in early spring in moist, well-drained soil in full sun. Nasturtiums prefer poorer soils, so no fertilizing.	Salads, omelettes
Chive (<i>Allium schoenoprasum</i>)	Flowers, leaves	Full sun to part shade, rich, moist soil	Soups, salads, mustards, sauces, flowers additionally used in vinegars.
Borage (<i>Borago officinalis</i>)	Flowers, leaves	Rich, moist soil. Full sun but will tolerate partial shade.	In salads, leaves can be steamed, in teas, lemonade. Beautiful garnish.
Violets, Pansies (<i>Viola</i> spp.)	Flowers	Rich, moist, well-drained soil with plenty of organic matter. Full sun	Decorating food and in cakes, drinks, salads
Cowslips (<i>Primula veris</i>)	Flowers, leaves	Part shade with medium moisture, well-drained soils.	Pickled, wine, young leaves in salads, in stir fries and egg dishes.
Squash blossoms (male blossoms of zucchini or crookneck squash)	Male flowers	Full sun, fertile soil and sufficient moisture.	Stuffed then baked or fried, blossoms thinly sliced and used in soups, frittatas, over pasta, salads
Basil (<i>Ocimum basilicum</i>)	Flowers, Leaves	Full Sun daily; soil should be moist and well-drained	Flowers can be sprinkled on salads, infused in oil, vinegar or teas
Broccoli	Just focusing on plants that have bolted and using the flowers	Full sun and moist, fertile soil that's slightly acidic.	Soups, salads, frittatas
Rose (<i>Rosa rugosa alba</i> , <i>R. rugosa</i> , <i>R. damascene</i> , <i>R. gallica</i>)	Petals (remove white base), seed heads (rose hips)	Full sun. It does best in average to evenly moist conditions. Not particular as to soil type or pH, and able to handle environmental salt	Candied petals, floral vinegar, rose scented sugar, rose butter, rose petal jam, jelly, rose petal sorbet, rose petal cookies. Hips in teas.

Online Resources:

Edible Flowers – University of Minnesota - <https://extension.umn.edu/flowers/edible-flowers>

List of Edible Flowers – West Coast Seeds - <https://www.westcoastseeds.com/blogs/garden-wisdom/list-of-edible-flowers>

- **How to Candy a Flower – rose petals, violas, pansies** - Rinse under cold water, dry on clean tea towel
- Lightly beat an egg white, with paintbrush, apply a thin coating to each petal
- Cover a plate with a layer of superfine sugar, set painted pansies onto the sugar
- Sprinkle more sugar over the pansies to cover, shake off excess

- Set on parchment paper for several hours until dry

Basic Flower Jelly Recipe

Ingredients

2 cups of packed blossoms or petals
3-4 cups boiling water
¼ cup lemon or lime juice
4 cups of sugar
1 pouch of powdered pectin

Directions:

1. Start with either lilac, peony or rose flowers and remove petals until you have 2 cups of firmly packed blossoms/petals.
2. Add blossoms/petals to a quart-sized mason jar and cover to the jar neck with boiling water. Cover & let cool. Refrigerate overnight to steep.
3. Next day, strain and press to remove as much liquid as possible. You should have 4 cups of liquid, add water to make up difference.
4. Pour flower tea into a large pot, add lemon or lime juice and pectin.
5. When it is boiling, add the sugar, stir until dissolved and return to full boil for 1-2 minutes.
6. Remove from heat, skim off any foam & ladle into jars.