



CULINARY
SERIES

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Edible Flower Chart

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| Alpine Strawberry (Fragaria alpina) | leaves are used in tea |
| Anise Hyssop | mauve flowers, anise undertones |
| Artichokes | |
| Aurgula | nutty, spicy, peppery flavor |
| Bachelors Buttons (Centaura cyanus) | use as garnish on salads |
| Basil | milder flavor than foliage |
| Bee Balm | spicy mint flavor, use flowers in salads |
| Borage | light cucumber flavor |
| Broccoli | |
| Burnet | mild cucumber flavor |
| Calendula | spicy, tangy, peppery add golden hue to food. |
| Cat Tails (Typha angustifolia) | sweet corn taste; young flowering stems can be eaten raw, cooked or made into a soup |
| Cauliflower | |
| Chamomile | sweet apple flavor |
| Chives | mild onion flavor |
| Chrysanthemum | slight to bitter flavor, use petals in salads |
| Citrus (lemon, lime, grapefruit) | waxy flowers, lemony flavor |
| Columbine (Aquilegia vulgaris) | sweet flavor |
| Coriander | pungent flavor |
| Dandelion | |
| Daylilies | sweet crunchy like flavor; crisp lettuce like |
| Dianthus | spicy, peppery, clove like sweet to spicy flavor |
| Dill | strong |
| Elderberry (Sambucus spp) | sweet flavor |
| English Daisy | mild to bitter flavor; remove white at bottom of petal; use as garnish or in salads |
| Fennel | sweet licorice flavor |
| Fuchsia (Fuchsia x hybrid) | acidic flavor, explosive colors and graceful shape make it ideal as garnish: berries are also edible |
| Garden Sorrel (Rumex acetosa) | tart lemony taste |
| Gardenia (Gardenia jasminoides) | light sweet flavor |
| Garlic Chives | mild garlicky flavor |
| Gem Marigolds (Lemon & Tangerine) | citrus tarragon flavor |
| Gladiolus | taste similar to lettuce (remove anthers) |
| Hollyhock (Alcea rosea) | lemon, waxy flavor; great as a garnish |
| Honeysuckle (Lonicera japonica) | sweet honey flavor |
| Impatiens (Impatiens walleriana) | very bland, non-descript flavor |
| Lavender | floral, slightly perfumed flavor |
| Lemon Balm (Melissa officinalis) | lemony, sweet flavor |
| Lemon Verbena | lemony flavor |

Please turn the page for more information. ➡

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| Lilac | lemony, floral, pungent |
| Linden (<i>Tilia</i> spp) | small white to yellow flowers are honey flavored |
| Majoram | milder majoram flavor |
| Malus (apples & crabapples) | slightly floral to sour flavor |
| Mint | minty, milder than foliage |
| Mustard (<i>Brassica</i> sp) | |
| Nasturtium | buds are often pickled & used like capers; flowers & foliage are also edible |
| Oregano | milder flavor than foliage |
| Pansy | very mild sweet to tart flavor |
| Passionflower (Maypop) | calming herb: fresh & dried leaves of the Maypop are used to make tea |
| Pea Blossoms | WARNING: SWEET PEA FLOWERS ARE POISONOUS - GARDEN PEAS ARE NOT |
| Peony (<i>Paeonia lactifolia</i>) | petals are parboiled and sweetened, or add petals to salads, punches & teas |
| Petunia | mild tasting, use them as a garnish or in salads |
| Phlox (<i>Phlox paniculata</i>) | slightly spicy |
| Pineapple Guava | similar to the ripe fruit of the plant, flavorful |
| Pineapple Sage | sweet, fruity flavor |
| Primrose (<i>Primula vulgaris</i>) | bland to sweet flavor |
| Prunus spp | mild, flowery flavor - candies well |
| Radish | sweeter version of the radish |
| Redbud (<i>Cercis canadensis</i>) | mildly sweet beanlike to tart apple flavor |
| Ribes (<i>Ribes odoratum</i>) | yellow flowers have a sweet taste |
| Rose | varies by rose, remove white part at base of petal |
| Rose of Sharon (<i>Hibiscus syriacus</i>) | mild, nutty flavor |
| Rosemary | flowers have a milder flavor than foliage |
| Rosemary | pine like, sweet savory flavor |
| Sage (<i>Salvia officinalis</i>) | varies by type: subtler sage taste |
| Savory | tiny purple flowers, garnish, add to salads |
| Scarlet Runner Bean | bean like flavor |
| Scented Geraniums | varies per variety |
| Snapdragons (<i>Antirrhinum majus</i>) | bland to bitter flavor |
| Society Garlic | very mild garlic flavor |
| Spiderwort (<i>Tradescantia virginia</i>) | stem, leaves, and flowers are edible: eat raw or add to stews, garnishes on salads |
| Squash, Pumpkin & Zucchini | flowers can be fried, stuffed |
| Sunflower | leafy, slightly bitter, lightly steam petals to lessen bitterness; steam unopened flower buds like an artichoke |
| Sweet Woodruff | sweet, grassy, vanilla flavor |
| Thyme | flowers have a milder flavor than the foliage |
| Tuberous Begonia (<i>Begonia x tuberosa</i>) | only hybrids are edible: crisp, sour, lemony flavor |
| Tulip | varies from tulip to tulip: sweet lettuce/ pea flavor |
| Violets (<i>Viola odorata</i>) | sweet, candies well |
| Water Lily (<i>Nymphaea odorata</i>) | petals are parboiled and sweetened |
| Wood Sorrel (<i>Oxalis</i>) | foliage is edible, sour flavor |
| Yucca | petals are edible and have a crunchy, fresh flavor |