

Edible Garden Flowers

Let's have fun planting and eating edible flowers...

The addition of edible flowers is a great way to add color to your drinks, icy poles and salads, especially in the warmer months. I have made a list of edible flowers of vegetables, fruits, herbs and general flowers. You may have many of these in your garden already. Just planting a few will yield many flowers.

When picking your flowers always check with an adult that your flowers are okay to eat. Always wash the flowers before using them just to make sure there are no insects in them. Many of these flowers also have wonderful seed pods that you can collect, place into paper bags, dry and resow or these plants can just reseed themselves without any help.

Make sure you only pick enough for your needs and leave some flowers for our wonderful bees to visit. Don't forget to send us some photos of your creative uses of edible flowers. Have fun!

Herbaceous flowers

Chamomile
Borage
Echinacea
Rosemary
Bergamot
Oregano
Thyme
Fennel
Chives
Lavender
Sunflowers



Flowers of Vegetables

Kale
Radishes
Cauliflower
Flowering plants
Viola
Rose Petals
Strawberries
Nasturtiums
Marigolds



Alyssum
Apple blossom
Flowers of Fruits
Squash
Zucchini
Apple Blossom
Snow peas

