

# Edible Flowers

Here is a list of flowers to eat that you can choose from to grow in your garden:

## Savory Herbs:

These are strong, use in small quantities

- basil
- bee balm chamomile chives
- dill
- garlic chives lavender lemon verbena mustard (hot) nasturtium oregano



## Sweetly Floral:

adds a perfume-like sweetness; let some soak in a glass of water and enjoy.

- apple blossom carnation or pink (small varieties, not hothouse ones) day lily
- geranium (pelargonium) honeysuckle
- lemon blossom lilac
- orange blossom petunia
- plum blossom rose
- violet

## Mild Herbs:

More a sweet than pungent flavor, some slightly bitter

- borage
- calendula
- chicory clover
- red dandelion
- elder flower
- hibiscus
- passionflower
- salad burnet
- yarrow

## Mild Floral:

subtle and delicately sweet; add for color and faint flavors

- gladiolus
- hollyhock
- johnny jump up
- pansy
- peony
- poppy (petals only)
- primrose
- sunflower
- squash blossom
- tulip
- viola

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## Stuffed Nasturtiums

(Serves 6-8)

### Ingredients:

½ cup ricotta

¼ cup finely chopped walnuts

1 tablespoon cinnamon

### Directions:

1. Mix ingredients together and roll into small balls.
2. Place balls inside nasturtium flowers, top with a Johnny-Jump-up.

Here are some alternate designs to choose from for the take-home flower pots:

- 4 Johnny Jump-ups around edges, 1 calendula and 1 Forget-Me-Not in the center
- 3 purple petunias on boarder, 3 multicolored giant pansies in-between with one scented geranium center.
- 6 apricot and yellow violas planted all around 3 Iceland Poppies.

