

EDIBLE FLOWERS

DISCLAIMER

JUST BECAUSE THE FLOWERS ARE EDIBLE DOESN'T MEAN THE REST OF THE PLANT IS TOO; PEOPLE WITH STRONG ALLERGIES SHOULD BE CAUTIOUS ABOUT EATING FLOWERS; SOME PLANTS HAVE VERY TINY AMOUNTS OF NATURAL TOXINS IN THEIR FLOWERS, INCLUDING LINDEN AND APPLE, BUT NO PROBLEMS WHEN EATEN IN MODERATION.

TREES and SHRUBS:

Camellias	Camellia spp.	Rose	Rosa spp.
Citrus plants	Citrus spp.	Pineapple Guava	Feijoa sellowiana
Apples	Malus spp.	Lilac	Syrnga spp
Pears	Pyrus spp.	Passionflower	Passiflora spp.
Peaches and Apricots	Prunus spp.	Pomegranate	Punica granatum
Rose of Sharon	Hibiscus syriacus		
Honeysuckle	Lonicera spp.		
Linden	Tilea spp.		

PERENNIALS:

Violets	Viola spp.	Yucca	Yucca spp.
Garden Phlox	Phlox paniculata	Bellflower	Campanula spp.
Sweet Woodruff	Gallium spp.	Queen of the Prairie	Filipendula rubra
Alliums	Allium spp.	Baby's Breath	Gypsophila spp.
Bee-balm	Monarda spp.	Peony	Paeonia spp.
Hyssop	Agastache spp.	Sage	Salvia spp.
Lavender	Lavandula spp.	Carnation/Pink	Dianthus spp.
Hollyhock/Checkermallow	Alcea and Sidalcea .		
Candytuft	Iberis sempervirens		

ANNUALS:

Calendula		Fuchsia	
Bachelor Button	Centaurea spp.	Alyssum	
Hibiscus		Dahlia	
Pansy	Viola spp.	Sunflower	Helianthus spp.
Scented Geranium	Pelargonium	Gladiolus	
Primrose	Primula spp.	Sage	Salvia spp.)
Zinnia			
Begonia			
Borage	Borago officinalis		

