

# Edible Flowers

This list of edible flowers is just the beginning! While all of the flowers below are edible, only some are palatable. Try a flower before suggesting that your students do the same. Also remember that many plants look alike, so it is essential to read the seed packet or seedling label carefully and ask a professional, such as your local cooperative extension agent, to ensure edibility of an unknown plant.

- \* Anise hyssop
- \* Apple blossoms — harvest only petals or you will sacrifice future fruit
- \* Bachelor buttons
- \* Bee balm
- \* Borage
- \* Calendula
- \* Chamomile
- \* Citrus blossoms (orange, lemon, lime, grapefruit) — harvest only petals or you will sacrifice future fruit
- \* Dandelion
- \* Dill
- \* Fennel
- \* Jerusalem sage
- \* Johnny jump-up
- \* Lavender
- \* Lemon balm
- \* Lemon verbena
- \* Marigold
- \* Monarda
- \* Mustard



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- \* Nasturtium
- \* Pansy
- \* Peach blossoms — harvest only petals or you will sacrifice future fruit
- \* Pear blossoms — harvest only petals or you will sacrifice future fruit
- \* Pineapple guava blossoms — harvest only petals or you will sacrifice future fruit
- \* Rose
- \* Salvia (any salvia)
- \* Squash blossoms — harvest only male flowers or petals of female flowers, or you will sacrifice future fruit
- \* Thyme
- \* Violet