

# Edible Flowers

Eating flowers is so much fun! There are flowers of all shapes, sizes, colors, and flavors, out there. You can use them to make your salads and drinks extra fancy, dress up cakes, or even bake them in cookies! But just like with any foraging, there are important rules to follow when foraging, to keep you, the plants, and the ecosystem safe and healthy.

## How to Forage

- Only harvest plants you are 100% certain you can identify!
  - Not all plants are edible, and some plants have lookalikes that may not be edible. (The flowers in this guide were chosen to be easily identifiable.)
- Get to know your environment!
  - Is the plant you're harvesting from somewhere people are spraying chemicals, close to lots of traffic, or where dogs like to pee? Find a different spot!
- Ask first.
  - If you want to forage from someone's yard, ask them first! And ask the plants if you can pick from them, too. It's only polite.
- If there's a lot, you can take a little.
  - Foragers know that if you take all of something, there won't be any left for other people or animals, and the plant may not grow back. A few good guidelines are:
    - Don't harvest from the first plant you see
    - Only take 1 out of every 10 of what you're harvesting
    - Don't harvest if you can tell other people have been harvesting there.
  - There are a few flowers that love being picked! We'll note that in the descriptions.
- Show your gratitude.
  - Most foraging traditions include giving a gift to the land before foraging in recognition that we live in relationship with the plants we forage. Your gift should be something that is meaningful to you. It might be
    - physical, like tobacco, grain, or another natural offering that will decompose easily
    - a prayer or statement of thanks
    - an act of service like cleaning up litter or removing invasive species
    - or a combination of all of those!

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## Roses

All types of rose petals are edible. They have a sweet, strongly floral flavor. Try them sprinkled on salads, dried in tea, or candied as an elegant garnish!



## Cherry Blossoms

Cherries (and apples) are members of the Rose family, and like their thorny cousins, the petals are edible. They are very delicate and should be used immediately.



## Apple Blossoms

Apple blossoms are lightly flavored, but a bit sturdier than cherry blossoms. Be sure the tree hasn't been sprayed, and eat in small quantities - they contain chemicals that can be dangerous in large amounts. But a sprinkle on your fruit salad if fine!



## Maple Blossoms

Maple trees have flowers and they taste like maple syrup! Look for them at the same time as cherry blossoms. Pick them when they are just starting to open and are full of nectar. Big Leaf Maples make large clusters of blossoms you can make into fritters!

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## Lavender

Fresh or dried lavender flowers give an intense flavor explosion. Try blending some with white sugar and using it to top shortbread or sugar cookies.



## Rosemary

Rosemary is lavender's more savory cousin. Rosemary blossoms are a bit of work to harvest, but they have that fresh rosemary flavor with nectar's sweetness (if the bees haven't gotten there first!).



## Chive Flowers

The beautiful purple globes have a strong, spicy, onion-y flavor. They are great on salads, or mixed with eggs or scrambled tofu. And as a plus, if you keep them cut, you'll get more chives!



## Cilantro (Coriander) Flowers

The herb cilantro makes the seed coriander. In between, it makes lacy white flowers that taste like a milder cilantro. which is great, because cilantro likes bolt (start making flowers and seeds) before you're ready!



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## Tulips

Tulips petals taste sweet, floral, and sometimes a little spicy, with a bit of crunch. Cut them into ribbons for a confetti-like garnish, or use them instead of a cracker with herbed goat cheese for a colorful appetizer. Try different colors - do you have a favorite?



## Violas or Johnny-Jump-Ups

These tiny purple and yellow flowers have a very subtle flavor. They are beautiful additions to your salad, or you can crystallize them to decorate cupcakes.



## Pansies

While violas are dainty, pansies are big and bold! They are more of a feast for the eyes than the tongue, as they have just a hint of flavor. Try them in a rainbow fruit salad! And pansies are another flower that will make more if you pick them.



## Lilacs

If you've even smelled lilacs' deep perfume, you'll have an idea of how they taste - floral and sweet like a May afternoon. Like lavender, a little goes a long way! Add a couple tiny flowers to sparkling lemonade for some spring sunshine in a glass!

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## Garden Peas

Pick the topmost closed leaves and delicate tendrils for your salad along with the flowers. They taste like, well, fresh peas!

Note: Sweet Peas, the ones grown for colorful flowers, should not be eaten



## Clover

Both red and white clovers have nectar-filled flowerets. Try pulling the little tube of and tasting them on their own. The younger flowers are the tastiest!



## Dandelions

Did you try making dandelion fritters? If not, give it a try! Or add a light sprinkle of these slightly bitter flowers on pasta or rice for some added color and flavor.



## Kale

One of our very favorite spring farm treats are kale blossoms. All brassicas, including kale, mustards, chois, and broccoli make bright yellow flowers that have a honey flavor. Pick the





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## NEIGHBORHOOD BINGO



Rose



Cherry Blossom



Maple Blossom



Apple Blossom



Lavender



Rosemary



Chives



Cilantro



Tulip



Viola



Pansy



Lilac



Garden Pea



Clover



Dandelion



Kale

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**FRESH  
ROOTS**