[A to Z Recipes and Food](http://homecooking.about.com/library/index/blazindex.htm)

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| **Edible Flowers** | | |
| Common Name | Botanical Name | Comments |
| [Angelica](http://linnaeus.nrm.se/flora/di/apia/angel/angearc4.jpg) | Angelica archangelica | May be skin allergen to some individuals. Good with fish and the stems are especially popular candied. Tastes like: celery-flavored. [More info here](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.sallys%2Dplace.com/food/columns/gilbert/angelica%5Fherb.htm). |
| [Anise Hyssop](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p01/pages/agastache%2Dfoeniculum%2D4.htm) | Agastache foeniculum | Tastes like: sweet, anise-like, licorice |
| [Apple](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p08/pages/malus%2Dpumila%2D10.htm) | Malus species | Eat in moderation; may contain cyanide precursors. Tastes like: delicate floral flavor |
| [Arugula](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p05/pages/eruca%2Dvesicaria%2D1.htm) | Eruca vesicaria | Tastes like: nutty, spicy, peppery flavor |
| [Basil](http://homecooking.about.com/od/foodhistory/a/basilhistory.htm) | Ocimum basilicum | Tastes like: different varieties have different milder flavors of the corresponding leaves. Tastes like: lemon, mint. [More info here](http://homecooking.about.com/od/foodstorage/a/basilstorage.htm). |
| [Bee Balm](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p09/pages/monarda%2Ddidyma.htm) | Monarda species | Also known as *bergamot*, it is used to make a tea with a flavor similar to Earl Grey Tea. [More info here](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.bhg.com/gardening/plant%2Ddictionary/perennial/bee%2Dbalm/). |
| [Borage](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p03/pages/borago%2Dofficinalis%2D2.htm) | Borago officinalis | Taste like: light cucumber flavor. [More info here](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.sallys%2Dplace.com/food/columns/gilbert/borage.htm). |
| [Burnet](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p12/pages/sanguisorba%2Dminor%2D3.htm) | Sanguisorba minor | Tastes like: faint cucumber flavor, very mild. [More info here](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.sallys%2Dplace.com/food/columns/gilbert/salad%5Fburnet.htm). |
| [Calendula](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p03/pages/calendula%2Dofficinalis%2D17.htm)\* | Calendula officinalis | Tastes like: poor man's saffron, spicy, tangy, peppery, adds a golden hue to foods |
| [Carnation](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://en.wikipedia.org/wiki/Dianthus%5Fcaryophyllus) | Dianthus caryophyllus (aka Dianthus) | Tastes like: spicy, peppery, clove-like |
| [Chamomile](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p04/pages/chamaemelum%2Dnobile%2D2.htm)\* | Chamaemelum nobile | Tastes like: faint apple flavor, good as a tea |
| [Chicory](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p04/pages/cichorium%2Dintybus%2D4.htm)\* | Cichorium intybus | Buds can be pickled. |
| [Chives](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p01/pages/allium%2Dschoenoprasum%2D1.htm): Garden | Allium schoenoprasum | Tastes like: mild onion flavor. [More info here](http://homecooking.about.com/od/foodstorage/a/chivestorage.htm). |
| [Chives](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p01/pages/allium%2Dtuberosum%2D6.htm): Garlic | Allium tuberosum | Tastes like: garlicky flavor |
| [Chrysanthemum](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p06/pages/glebionis%2Dcoronarium%2D1.htm): Garland\* | Chrysanthemum coronarium | Tastes like: slight to bitter flavor, pungent |
| [Citrus](http://www.giardinaggio.it/giardino/singolepiante/limone/fiore.jpg): Lemon | Citrus limon | Tastes like: waxy, pronounced flavor, use sparingly as an edible garnish, good for making citrus waters |
| [Clover](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.discoverlife.org/20/q%3Fsearch=Trifolium%2Brepens) | Trifolium species | Raw flowerheads can be difficult to digest. |
| [Coriander](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p04/pages/coriandrum%2Dsativum%2D1.htm) | Coriander sativum | Pungent. A prime ingredient in [**salsa**](http://homecooking.about.com/library/archive/blsalsa.htm) and many Latino and Oriental dishes. Tastes like: Some palates detect a disagreeable soapy flavor while others adore it. [More info here](http://homecooking.about.com/cs/herbsspices1/a/cilantro.htm). |
| [Cornflower](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://aggie%2Dhorticulture.tamu.edu/wildseed/23/23.7.html)\* | Centaurea cynaus (aka Bachelor's Buttons) | Tastes like: sweet to spicy, clove-like |
| [Dandelion](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p13/pages/taraxacum%2Dofficinale%2D1.htm)\* | Taraxacum officinalis | Tastes like: very young buds fried in butter taste similar to mushrooms. Makes a potent wine. |
| [Day Lily](http://biology.clc.uc.edu/graphics/taxonomy/plants/spermatophyta/angiosperms/monocotyledonae/liliaceae/Day%20Lily/JSC%20970702%20Day%20Lily%201.jpg) | Hemerocallis species | Many [Lilies](http://homecooking.about.com/library/archive/blv139.htm) (Lillium species) contain alkaloids and are NOT edible. Daylillies may act as a laxative. Tastes like: sweet, crunchy, like a crisp lettuce leaf, faintly like chestnuts or beans |
| [Dill](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p02/pages/anethum%2Dgraveolens%2D6.htm) | Anthum graveolens | [More info here](http://homecooking.about.com/od/foodstorage/a/dillstorage.htm). |
| [English Daisy](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p03/pages/bellis%2Dperennis%2D6.htm)\* | Bellis perennis | Tastes like: tangy, leafy |
| [Fennel](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p06/pages/foeniculum%2Dvulgare%2D7.htm) | Foeniculum vulgare | Tastes like: sweet, licorice flavor. [More info here](http://homecooking.about.com/library/archive/blv10.htm). |
| [Fuchsia](http://commons.wikimedia.org/wiki/File:Fuchsia-flower.jpg) | Fuchsia X hybrida | Tastes like: slightly acidic |
| [Gardenia](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p06/pages/gardenia%2Djasminoides.htm) | Gardenia jasminoides | Tastes like: light, sweet flavor |
| [Gladiolus](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p06/pages/gladiolus%2Dx%2Dgandavensis.htm)\* | Gladiolus spp | Tastes like: similar to lettuce |
| [Hibiscus](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p07/pages/hibiscus%2Drosa%2Dsinensis%2D1.htm) | Hibiscus rosa-sinensis | Tastes like: slightly acidic, boiled makes a nice beverage |
| [Hollyhock](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.types%2Dof%2Dflowers.org/hollyhock.html) | Alcea rosea | Tastes like: very bland, nondescript flavor |
| [Honeysuckle](http://www.sbs.utexas.edu/mbierner/bio406d/images/pics/cap/Lonicera%20japonica%20flowers.jpg): Japanese | Lonicera japonica | Berries are highly poisonous. Do not eat them! |
| [Hyssop](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p07/pages/hyssopus%2Dofficinalis%2D9.htm) | Hyssopus officinalis | Should be avoided by pregnant women and by those with hypertension and epilepsy. |
| [Impatiens](http://pss.uvm.edu/pss123/impat.jpg) | Impatiens wallerana | Tastes like: very bland, nondescript flavor |
| [Jasmine](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.flora%2Dtoskana.de/onlineshop2/product%5Finfo.php%3FcPath=841%26amp%3Bproducts%5Fid=2387%26amp%3BosCsid=ef5ca5519fd0739e5a903532e1494f98): Arabian | Jasminum sambac | Tastes like: delicate sweet flavor, used for teas. |
| [Johnny-Jump-Up](http://aggie-horticulture.tamu.edu/wildseed/29/29.4.jpeg) | Viola tricolor | Contains saponins and may be toxic in large amounts. Tastes like: sweet to bland flavor |
| [Lavender](http://courses.nres.uiuc.edu/hort343/images/herbs/lavandula.jpg) | Lavendula species | Lavender oil may be poisenous. [More Info](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.sallybernstein.com/food/columns/gilbert/lavender.htm). Tastes like: floral, slightly perfumey flavor |
| [Lemon Verbena](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p01/pages/aloysia%2Dtriphylla%2D4.htm) | Aloysia triphylla | Tastes like: lemony flavor, usually steeped for tea |
| [Lilac](http://commons.wikimedia.org/wiki/File:Syringa.vulgaris(01).jpg) | Syringa vulgaris | Tastes like: lemony, floral, pungent |
| [Mallow](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p08/pages/malva%2Dsylvestris%2D9.htm): Common | Malva sylrestris | Tastes like: sweet, delicate flavor |
| [Marigold](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.em.ca/garden/tagetes2.JPG): Signet | Tagetes tenuifolia (aka T. signata) | Tastes like: spicy to bitter |
| [Marjoram](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.floridata.com/ref/O/orig%5Fmaj.cfm) | Origanum majorana | [More info here](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.sallys%2Dplace.com/food/columns/gilbert/oregano.htm). |
| [Mint](http://0.tqn.com/d/homecooking/1/0/4/H/1/mint4x.jpg) | Mentha species | [More info here](http://gardening.about.com/od/herbsspecificplants1/p/Growing_Mint.htm). |
| [Mustard](http://www.vassl.com/images3/veg2.jpg) | Brassica species | Eating in large amounts may cause red skin blotches. [More info here](http://homecooking.about.com/od/howtocookwithcondiments/a/mustardcooktips.htm). |
| [Nasturtium](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p14/pages/tropaeolum%2Dmajus%2D8.htm) | Tropaeolum majus | Buds are often pickled and used like capers. Tastes like: sweet, mildly pungent, peppery flavor |
| [Okra](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.hort.purdue.edu/ext/senior/vegetabl/okra4.htm) | Abelmoschus aesculentus (Hibiscus esculentus) | Tastes like: similar to squash blossoms |
| [Pansy](http://hortiplex.gardenweb.com/plants/jour/p/97/gw1042297/58849993760020.jpeg) | Viola X wittrockiana | Tastes like: very mild sweet to tart flavor |
| [Pea](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://en.wikipedia.org/wiki/Pisum) | Pisum species | Flowering ornamental sweet peas are poisonous. |
| [Pineapple Guava](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.floridata.com/ref/f/feijoa.cfm) | Feijoa sellowiana | Tastes like: similar to the ripe fruit of the plant, flavorful |
| [Primrose](http://www.mediasoft.it/fiori/imgfiori/6a.jpg) | Primula vulgaris | [Birdseye Primrose](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.luontoportti.com/suomi/en/kukkakasvit/birdseye%2Dprimrose) (P. farinosa) causes contact dermatitis. Tastes like: bland to sweet flavor |
| [Radish](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://luirig.altervista.org/schedeit/pz/raphanus%5Fsativus.htm) | Raphanus sativus | Tastes like: milder, sweeter version of the more familiar radish heat |
| [Redbud](http://www.ces.ncsu.edu/depts/hort/consumer/factsheets/trees/images/picts/CerciCa4.jpg) | [Cercis canadensis](http://www.biosurvey.ou.edu/shrub/cecat2.jpg) | Tastes like: mildly sweet |
| Rose | [Rosa rugosa](http://gardening.about.com/od/rose1/f/RoseHips.htm) or R. [gallica officinalis](http://upload.wikimedia.org/wikipedia/commons/3/3a/Rosa_gallica3.jpg) | Tastes like: sweet, aromatic flavor, stronger fragrance produces a stronger flavor. Be sure to remove the bitter white portion of the petals. [Rose hips](http://www.english-country-garden.com/a/i/flowers/rose-hip-1.jpg) are also edible (see [Rose Hips Recipes](http://homecooking.about.com/library/weekly/blrosehips.htm)). |
| [Rosemary](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.kyoto%2Dnp.co.jp/kp/koto/96plant/may/1/gif/rosmarinus.JPG) | Rosmarinus officinalis | Tastes like: pine-like, sweet, savory. [More info here](http://homecooking.about.com/od/foodstorage/a/rosemarystorage.htm) |
| [Runner Bean](http://www.floridata.com/ref/P/images/phas_co2.jpg) | Phaseolus coccineus | Tastes like: nectar, bean-like |
| [Safflower](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p03/pages/carthamus%2Dtinctorius%2D5.htm)\* | Carthamus tinctorius | Another "poor man's saffron" without the pungent aroma or strong flavor of the real thing |
| [Sage](http://homecooking.about.com/od/foodhistory/a/sagehistory.htm) | Salvia officinalis | Sage should not be eaten in large amounts over a long period of time. Tastes like: varies by type. [More info here](http://homecooking.about.com/cs/herbsspices1/a/sage.htm). |
| [Savory](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p12/pages/satureja%2Dhortensis%2D4.htm): Summer | Satureja hortensis | [More info here](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.sallys%2Dplace.com/food/columns/gilbert/savory.htm). |
| [Scented Geranium](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p10/pages/pelargonium%2D15.htm) | Pelargonium species | Citronella variety may not be edible. Tastes like: varies with differing varieties from lemon to mint. [More info here](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.sallys%2Dplace.com/food/columns/gilbert/geraniums.htm). |
| [Snapdragon](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p02/pages/antirrhinum%2Dmajus%2D1.htm) | Antirrhinum majus | Tastes like: bland to bitter flavor |
| [Society Garlic](http://www.desert-tropicals.com/Plants/Alliaceae/Tulbaghia_violacea.jpg) | Tulbaghia violacea | Tastes like: a very mild garlic flavor |
| [Squash Blossom](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://urbanext.illinois.edu/veggies/ssquash.cfm) | Cucurbita pepo species (aka Zucchini Blossom) | Tastes like: sweet, nectar flavor. [More info here](http://homecooking.about.com/od/foodstorage/a/zucchinistorage.htm). |
| [Sunflower](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p07/pages/helianthus%2Dannuus%2D9.htm)\* | Helianthus annus | Tastes like: leafy, slightly bitter. Lightly steam petals to lessen bitterness. Unopened flower buds can be steamed like artichokes. |
| [Thyme](http://linnaeus.nrm.se/flora/di/lamia/thymu/thymvul2.jpg) | Thymus vulgaris | Tastes like: lemon, adds a nice light scent. [More info here](http://homecooking.about.com/od/foodstorage/a/thymestorage.htm). |
| [Tuberous Begonia](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.clemson.edu/extension/hgic/plants/landscape/flowers/hgic1159.html) | Begonia X tuberosa | ONLY HYBRIDs are edible. The flowers and stems contain oxalic acid and should not be consumed by individuals suffering from gout, kidneystones, or rheumatism. Further, the flower should be eaten in strick moderation. Tastes like: crisp, sour, lemony |
| [Violet](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.henriettesherbal.com/pictures/p14/pages/viola%2Dodorata%2D4.htm) | Viola species | Tastes like: sweet, nectar |
| [(Banana) Yucca](http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.wildflower.org/plants/result.php%3Fid%5Fplant=YUBA) | Yucca baccata | Flowers (petals only) and fruit are edible. Other parts contain saponin, which is poisonous. Large amounts may be harmful. Tastes like: crunchy, fresh flavor Tastes like: crunchy, fresh flavor |
| **Flowers to Avoid** | Some flowers in *particular* to be avoided (but not a complete list) are: azalea, crocus, daffodil, foxglove, oleander, rhododendron, jack-in-the-pulpit, lily of the valley, and wisteria. See a more [complete list](http://homecooking.about.com/library/weekly/blflowersnot.htm). | |
| \*Only the petals of these composite flowers are edible. The pollen of composite flowers is highly allergenic and may cause reactions in sensitive individuals. Sufferers of asthma, ragweed, and hayfever should not consume composite flowers, and may have extreme allergies to ingesting any flowers at all. | | |

Disclaimer: The author and Home Cooking Guide have thoroughly researched all the aforementioned edible flowers. However, individuals consuming the flowers, plants, or derivatives listed here do so entirely at their own risk. Neither the authors or Home Cooking can be held responsible for any adverse reaction to the flowers.

• [**Edible Flowers Chart**](http://homecooking.about.com/library/weekly/blflowers.htm)   
• [**Edible Flowers Information and Recipes**](http://homecooking.about.com/od/specificfoo1/a/flowertips.htm)  
• [**Herb Information**](http://homecooking.about.com/od/herbsspices1/)   
• [**Spice Information**](http://homecooking.about.com/od/spices/)   
• [**A to Z Recipes and Food**](http://homecooking.about.com/library/index/blazindex.htm)

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