



Bristol's Garden Center

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Edible Flowers

For those of you looking to spice up your culinary life, flavor your teas or add some color to your favorite dishes, here is a guide to assist you along your edible adventure. Not every flower is safe to eat. Make sure you have a positive ID **first** before you sample. Do not consume flowers that were produced commercially as they were most likely grown with toxic pesticides. Flowers found along roadside may also be unsafe to consume because of car exhaust/pollution. Treat edible flowers just like vegetables, wash before using. For some flowers it's best to rip off the stamen and styles (reproductive parts of the flower) before eating.

P- Perennial **H-** Herb **A-** Annual **V-** vine **W-** Woody ornamental **B-**Bulb

Achillea millefolium- Common Yarrow (P)
Agastache foeniculum- Anise Hyssop (P)
Alcea rosea- Hollyhock (P)
Allium spp.- Chives (H/P)
Anethum graveolens- Dill (H)
Anthriscus cerefolium- Chervil (H)
Aster novae-angliae- New England Aster
Eruca sativa- Arugala/Rocket (A)
Bellis perennis- English Daisy (P)
Borago officinalis- Borage (A)
Calendula officinalis- Pot Marigold (A)
Centaurea cyanus- Cornflower (A)
Cichorium endivia- Chicory (A)
Coriandrum sativum- Cilantro (H)
Cucumis sativa-Cucumber (A)
Curcubito pepo- Squash (A)
Dahlia (A)
Dianthus sp.- Carnations/Pinks (P)
Echinacea purpurea- Coneflower (P)
Fragaria sp.- Strawberry (P)
Forsythia sp.- Forsythia (W)
Foeniculum vulgare- Fennel (H)
Galium odoratum- Sweet Woodruff (P)
Gypsophila- Baby's Breath (P)
Gladiola (B)
Helianthus annuus- Sunflower (A)
Hemerocallis sp.- Daylily (P) ***NOT true Lilies***
Hesperis matronalis- Dame's Rocket (A)
Hibiscus rosa-sinensis-/sabdarriffa-Hibiscus (A)
Hosta Sp. - Hosta (P)
Impatiens walleriana-Impatiens (A)
Lilium purpureus- Hyacinth bean (A)
Lavandula sp.- Lavender (P)
Levisticum officinale- Celery (H)
Lonicera japonica- Japanese Honeysuckle (V) ***NOT BERRIES***
Malus spp.- Apple (W)
Matricaria recutita- Chamomile (H)
Melissa officinalis- Lemon Balm (P)
Mentha sp.- Mint (P)
Monarda didyma- Beebalm (P)
Myosotis sp.- Forget-me-not (P)
Ocimum basilicum- Basil (H)
Oenothera biennis- Evening Primrose (P)
Origanum sp.- Oregano (H)
Oxalis stricta- Yellow Wood-sorrel (P)
Paeonia sp.- Peony (P)
Pelargonium- Geranium (A)
Phaseolus vulgaris- Common Bean (A)
Phlox paniculata- Garden Phlox (P)
Pisum sativum- Peas (A)
Primula vulgaris/veris- Primrose (P)
Rosa- Rose (W)
Rosmarinus officinalis- Rosemary (H)
Rumex acetosa- Garden Sorrel (P)
Salvia elegans- Pineapple Sage (H/A)
Salvia officinalis- Common Sage (H/A)
Sambucus canadensis- Elderberry (W)
Solidago sp.- Goldenrod (P)
Syringa vulgaris- Common Lilac (W)
Tagetes patula- French Marigold (A)
Tagetes tenuifolia- French Marigold (A)
Taraxacum officinale- Common Dandelion (A)
Thymus- Thyme (H/P)
Tilia sp.- Linden (W)
Tulip sp.- Tulip (Petals only) (P/B)
Trifolium sp.- Clover (A)
Tropaeolum majus- Nasturtium (A)
Viola odorata- Common Violet (P)
Viola tricolor- Heart's Ease (P)
Viola x wittrockiana- Pansy (A)
Zinnia (A)