

SOUTHERN HARVEST

QUALITY SEED FOR KITCHEN, COTTAGE & NATIVE GARDENERS

Edible Flowers

Flowers can make an amazing addition to the food we eat. From a simple edible garnish to stuffed zucchini for entrée or a colourful salad filled with flowers of borage, nasturtium and calendula.

Just be warned that some people may have a reaction to them and make sure you have a positive identification of them so you are certain what you are eating. Always harvest from your garden or a source where you know no sprays have been used. Always check for insects in them as they can make great homes for the gardens fabulous critters. The best way to do this is shake, inspect or soak the flowers prior to eating.

Some flowers you will only use the petals, as the central part of the flower is chewy or bitter. Others, like nasturtiums you can eat the whole flower.

Below is a list of some edible flowers that Southern Harvest stock. Enjoy.

Rocket/Arugula
Basil
Bergamot, wild
Bergamont / Beebalm
Bergamont, Lemon
Borage
Calendula
Chamomile
Chervil
Chicory/Endive
Chives/Garlic Chives
Coriander
Cornflower (*Centaurea cyanus*)
Dame's Rocket (*Hesperis matronalis*)
Dianthus
Dill
Fennel
Hollyhock (*Alcea rosea*)
Korean Mint
Lavender
Lemon Bergamot
Marigold (*Tagetes patula*)
Nasturtium
Pea – Edible garden peas (*Pisum sativum*)
Queen Anne's Lace
Rosemary
Sage
Bean Scarlet Runner (*Phaseolus vulgaris*)
Sorrel
Sunflower
Zucchini/Squash