

Edible Flowers

Before garnishing food with flowers, make sure that the flowers are not a poisonous variety and that they are pesticide-free. Your best option is to use garden-grown flowers or those commercially raised especially for eating.

Just because a flower is considered edible, or non-toxic, doesn't mean it tastes good. If you are using edible flowers as an ingredient rather than a garnish, sample the flower first to make sure that they complement your dish.

Below are some common edible flowers and what they taste and/or smell like.

Pansies – lettuce

Squash Blossoms – sweet nectar

Roses – floral

Violets – very floral

Carnations – bland and somewhat bitter

Bachelor's Buttons – bland

Lilacs – light floral

Lavender – lemon perfume

Nasturtiums – pepper, radish, watercress