

Rules for Edible Flowers

1. Eat flowers only when you are positive they are edible.
2. Just because it is served with food, does not mean a flower is edible.
3. **DO NOT** eat flowers from florists, nurseries or garden centers because they have probably been sprayed.
4. Eat only from flowers that have been grown organically without sprays.
5. If you have hay fever, asthma or severe allergies, you should avoid eating members of the daisy family because they could trigger an allergic reaction.
6. Children under the age of 4 should not eat edible flowers because of possible reactions.
7. Remove pistils and stamens from flowers before eating. Eat only the petals.
8. Do not eat flowers picked from the side of a road. Besides exhaust emissions on the plants, you don't know whose dog was there before you!
9. There are many varieties of any one flower. Flowers taste different when grown in different locations.
10. Introduce flowers slowly into your diet in the way you would new foods.
11. Not all flowers are edible. Some are poisonous.

