

## ***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.***

## **INEDIBLE FLOWERS**

**Azalea**  
**Boxwood**  
**Burning Bush**  
**Caladium**  
**Clematis**  
**Cosmos**  
**Daffodil**  
**Delphinium**  
**Elephant ears**  
**Four o'clocks**  
**Foxglove**  
**Hyacinth**  
**Hydrangea**  
**Iris**  
**Ivy (English Ivy)**  
**Jack in the pulpit**  
**Lantana**  
**Lilies (All lilies)**  
**Lily of the Valley**  
**Lobelia**  
**Morning glory**  
**Mountain laurel**  
**Periwinkle**  
**Privet**  
**Rhododendron**  
**Sweet pea**  
**Wisteria**

## **EDIBLE FLOWERS**

**Anise hyssop (flowers)**  
**Basil (flowers and leaves)**  
**Bee balm (flowers)**  
**Borage (flowers)**  
**Calendula (flowers)**  
**Chamomile (annual) (flowers)**  
**Chives (flowers and leaves)**  
**Chrysanthemum leucanthemum (flowers)**  
**Dianthus (flowers)**  
**Dandelion (flowers, leaves)**  
**Daylily buds and flowers**  
**Eastern redbud (flowers)**  
**Johnny jump-ups (flowers)**  
**Lavender (English) (flowers/leaves)**  
**Lilacs (flowers)**  
**Marigold (Signet) (flowers)**  
**Mint (leaves)**  
**Nasturtium (flowers, leaves)**  
**Pansies (flowers)**  
**Peas (Vegetable) (flowers, seed pod)**  
**Roses (flowers)**  
**Rosemary (flowers, leaves)**  
**Sage (flowers, leaves)**  
**Scented geraniums (flowers, leaves)**  
**Squash blossoms (flowers)**  
**Sunflower (flowers, seed)**  
**Thyme (flowers, leaves)**  
**Tulips (flowers)**  
**Violas (flowers)**  
**Violets (not African violets) (flowers)**  
**Yucca (flowers)**