



# Edible Flowers List

Compiled by Peter Rutherford, Senior Ecologist, Kimbriki Eco House and Garden

**Reference:** Brown Kathy (2003). 'Edible Flowers'- from garden to kitchen: choosing, growing and cooking flowers. Annes Publishing. London. ISBN 1-90314-117-6

## Colours of the RAINBOW! (R.O.Y.G.B. I.V)

Red – Orange – Yellow – Green – Blue – Indigo – Violet

### Allergy warning

People who have or suspect they have severe allergies should not taste edible flowers.

Alfalfa /Lucerne	V
Anchusa (Anchusa azurea)	B/I/V
Aloe Vera	O
Basil (Ocimum basilicum) & Sacred Basil	I/V
Bergamot (Monarda didyma)	R
Bluebells (Scilla spp)	B
Borage (Borago officinalis)	B/I
Brassica's e.g. Broccoli, Bok Choi, etc	Y
Calendula / Pot Marigold (Calendula officinalis)	O
Carnations (Dianthus spp)	R/B/I/V
Centaurea Montana	Y
Chamomile (Chamaemelum nobile)	White
Chickory (Cichorium intybus)	B/I/V
Chives (Allium schoenoprasum)	B/I/V
Citrus (Citrus sinensis & Citrus limon)	White
Clover (Trifolium pratense)	B/I/V
Cornflowers (Centaurea cyanus, Cowslip (Primula veris)	O/Y
Daisies (Bellis perennis)	O/Y/B
Dandelion (Taraxacum officinale)	Y
Day Lily (Hemerocallis)	O/Y
Dill (Anethum graveolens)	Y

Elder (Sambucus nigra)	White
Evening Primrose (Oenothera biennis)	Y
Fennel (Foeniculum vulgare)	Y
Fuchsia (Fuchsia arborescens)	R/I/V
Geranium (Pelargonium)	R/I/V
Hibiscus (Hibiscus rosa-sinensis)	R/O/Y
Hollyhocks (Alcea rosea)	I/V
Hops (Humulus lupulus)	Y
Hyssop (Hyssopus officinalis)	I/V
Lavender (Lavandula angustifolia)	I/V
Lemon Balm (Melissa officinalis 'Aurea')	Y/white
Lemon Verbena (Aloysia triphylla)	White
Marjoram (Origanum vulgare)	V/White
Mints (Mentha spp)	I/V/White
Nasturtiums (Tropaeolum majus)	O/Y
Oregano (Origanum vulgare)	V/White
<i>continued over...</i>	



Aloe vera



Borage



Cowslip



Chamomile



Elder

## Edible Flowers List continued

Pansy ( <i>Viola wittrockiana</i> )	B/I/V
Peas ( <i>Pisum sativum</i> )	V/White
Pineapple Sage ( <i>Salvia</i> )	R
Primrose ( <i>Primula vulgaris</i> )	Y
Pumpkin ( <i>Cucurbita</i> spp)	O/Y
Rocket / Arugula ( <i>Eruca vescaria</i> spp sativa)	Y/White
Rosemary ( <i>Rosmarinus officinalis</i> )	B/I/V
Roses ( <i>Rosa</i> spp)	
Saffron ( <i>Crocus sativus</i> )	I/V/White
Sage ( <i>Salvia officinalis</i> )	I/V
Sunflower ( <i>Helianthus annuus</i> )	O/Y
Sweet Cicely ( <i>Myrrhis odorata</i> )	White
Sweet Violets ( <i>Viola adovata</i> )	I/V
Sweet Woodruff ( <i>Galium odoratum</i> )	V/White
Thyme ( <i>Thymus vulgaris</i> )	V/White
Tiger Lily ( <i>Lilium lancifolium</i> )	O
Viola ( <i>Viola</i> )	B/I/V
Zucchini ( <i>Cucurbita Pepo</i> var: Corgette or Marrow)	O/Y

## Allergy warning

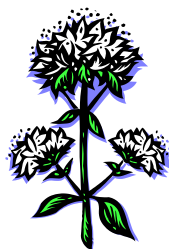
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Lavender



Mint



Oregano



Sage



Thyme

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For more information

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