



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 |

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Lavender



Mint



Oregano



Sage



Thyme

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For more information

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