

Plant	Part	Colour	Flavour	Uses
Black Locust	flowers	white	floral, fresh peas	crunchy in salads, fritters, teas, flavour syrups or alcohol
Borage	flowers	blue	grassy	decorate salads and baked goods
Calendula	petals	yellow, orange	spicy, peppery	decorate salads and baked goods, flavour foods
Carnation	petals	many colours	floral, spicy	decorate salads and baked goods
Chives	flower segments	pink	oniony	decorate salads, flavour
Chrysanthemum	petals	many colours	floral, sweet, herbal	decorate salads and baked goods, flavour foods
Cornflower	petals	blue, pink, white	bland, subtle sweet or clove like	decorate salads
Elderberry	flower heads	white	fruity, floral	dip in batter and deep fry; tea, flavour syrups or alcohol
Dahlias	petals	many colours	bland to sweet to spicy	decorate salads and baked goods
Dianthus	petals	white, pink,	sweet clove or nutmeg	garnish salad, desserts, drinks
Daylily	flower buds & flowers	many colours	buds-asparagus or green beans flowers-mild, like lettuce	use buds as vegetable, stuff flowers, decorate cakes and salads
English Daisy	flowers	white, pastels	spicy, nutty, slightly bitter	decorate salads, dried for tea
Daisy, shasta &	petals	white, yellow	very strong, use in moderation	garnish for salads, desserts and drinks
Geranium (Pelargonium)	petals	many colours	mild, sour, citrusy	garnish salads, tea, flavour syrups or alcohol
Gladiolus	petals	many colours	mild	remove stamen and pistil; stuff with soft cheese, etc.

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Herbs	flowers	white, pink	flavours are similar to the herb's leaves	garnish salads, tea, flavour syrups or alcohol
Hollyhock	petals	many colours	mild lettuce	garnish, crystallized for cakes, dried for tea
Hosta, flowers	flowers	white, lavender	mild, sweet, floral	garnish, crystallized for cakes, flavour syrups or honey
Lavender	petals	purple	floral, pungent	garnish, crystallized for cakes, flavour syrups or honey
Lilac	petals	purple, white	floral, sweet, citrusy	garnish, crystallized for cakes, flavour syrups or honey
Marigold	petals	orange, yellow	citrus, tangy, spicy	flavour savory dishes such as rice and eggs
Nasturtium	petals	orange, red, yellow	very spicy	decorate salads and baked goods, flavour foods
Peony	petals	many colours	mild to spicy, may be bitter	garnish salads, garnish desserts, crystallized for cakes
Phlox	petals	many colours	sweet spice	garnish, crystallized for cakes, flavour syrups or honey
Rose (Damask)	petals	many colours	sweet, floral, spicy, depending on plant	damask are the best but give others a try.
Snapdragons	flowers	many colours	mild, slightly bitter	use as garnish on savory dishes
Squash	flowers	yellow, orange		remove stamens and pistil; stuff with soft cheese, etc., or dip in batter and deep fry.
Stocks	petals	white, pink, purple	mild sweet to peppery	garnish salads and baked goods

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Sunflowers	petals	yellow, orange	mild, nutty	use as garnish and in savory dishes
Tulips	petals	many colours	mild, sweet to spicy	remove white base, stuff with mousse, sweetened or savory soft cheese
Viola- pansies & johnny-jump-ups	flowers	many colours	mild, slightly sweet	garnish salads, garnish desserts, crystallized for cakes
Violets	flowers	purple & white	sweet, floral	garnish, crystallized for cakes, flavour syrups or honey
Zinnia	petals	many colours	mild to bitter	garnish and decorate salads, etc.
Zucchini	flowers	yellow, orange	bland	remove stamens and pistil; stuff with soft cheese, etc., or dip in batter and deep fry.