Rules for Using Edible Flowers | Know your plant identification and use only flowers that you are positive are safe to eat. Eat only flowers that have been grown organically. Do not eat flowers on plants from nurseries or florists. Remove pistils and stamens from flowers before eating. Eat only petals unless you are positive that other parts of the plant are edible. If you have hay fever, asthma, or allergies, do not eat flowers; pollen may cause allergic reactions in susceptible individuals. Introduce flowers into your diet slowly – one at a time and in small quantities.

Growing | Chemicals may become concentrated within the blossoms. Therefore, edible flowers should only be grown organically. Prepare the seedbed by working in compost, and use natural forms of fertilizers such as fish emulsions, bone meal and green sand. Avoid manure or sewage sludge as they may contain salts or heavy metals. As a general rule, planting depth should be 2 to 3 times the diameter of the seed. Gently firm the soil to ensure good contact with the seed. Keep soil evenly moist, but not soggy. Provide good drainage for container gardens. Please do not use the tins in which the seeds are packaged to grow your collection. However they do make perfect seed saving kits once your flowers have gone to seed. Pick flowers at their peak. Remove spent blossoms to encourage rebloom.

Anise Hyssop | Agastache foeniculum

Flower | Dense, lilac to white spikes at branch ends, made up of numerous small flowers, begin to bloom in mid-summer. Spikes may be up to 5” long. Plant | Tender perennial, grown as an annual; will flower the first season. Up to 48” high. Serrated leaves. Entire plant has a lovely anise scent and flavor; leaves may be used fresh or dried, as an herb or beverage. Spacing | 24” apart. Exposure | Full sun to part shade. Moist, well-drained soil. Cultivation Tips | Sow indoors 6 weeks before last frost or direct seed. May be sown in fall in warm season areas. Will self-sow. Harvest | Remove spikes at nearest leafing branch for additional bloom later. Clip individual florets from the stem or use flowers whole for garnishing. Uses | Use florets in baked goods or other desserts; whole flowers make beautiful garnishes for cold drinks, salads or soups, or drop one into a cup of hot tea for an interesting flavor. Create a beautiful flavored vinegar or an intriguing sugar.

Garland Chrysanthemum | Chrysanthemum coronarium

Flower | Orange or yellow petals with a white base appear on plants mid summer to fall. Petals provide a strong tang or bite to foods. Flower diameter is up to 2”. Plant | Annual. Up to 36” high. Leaves are finely cut and when young, tender leaves or whole plants up to 8” add a unique, zesty flavor to salads, vegetables, pickles, or sushi. Spacing | 18–24” apart. Exposure | Full sun. Moist, well-drained soil. Cultivation Tips | Shallow rooted; requires regular feeding and watering. Harvest | Whole flowers were traditionally used in making leis and garlands. Use petals as an edible garnish; white base may be bitter, therefore remove. Uses | Garnish salads, meats or vegetables.

Johnny-Jump-Up | Viola tricolor

Flower | Purple, yellow and white flower with five petals, ½ to 1” across. Petals alone have little flavor, but the bloom eaten in its entirety (including the green sepals) has a distinct wintergreen flavor. Plant | Annual. Up to 12” high. Toothed leaves form a loose mound with blooms held high. Prefers cool weather. Spacing | 6–12” apart. Exposure | Full sun to shade. Moist, well-drained soil. Cultivation Tips | In warm season areas, sow seed in fall for bloom throughout winter; in cool season areas, sow seed in fall or early spring for spring to early summer bloom. Will self-sow. Exclude light for best results. Harvest | For color; use petals alone, or for flavor; whole flowers. Uses | Garnish salads, vegetables, sandwiches or beverages with petals or whole flowers. Beautiful candied. Makes a lovely flower butter.
Lemon Gem Marigold | *Tagetes tenufolia*

**Flower** | Simple, clear yellow blooms, ½ to 1” in diameter, have a slight bite with a hint of citrus. **Plant** | Annual. 12–18” high. Compact mounds of lacy foliage with a citrus scent. **Spacing** | 12” apart. **Exposure** | Full sun. Moist, well-drained soil.  
**Cultivation Tips** | Start indoors 6 weeks before last frost date, or direct seed into garden after danger of frost is past. Pinch tip from plant when 3 sets of leaves are present to create a bushier plant. **Harvest** | Pick when flowers are fully opened. Use petals only as the flower center is bitter.  
**Uses** | Use fresh petals in salads, cook them in puddings, sauces or scrambled in eggs, or add color and flavor to rice, soups or quick breads. May also be dried for use in the off-season.

**Nasturtium** | *Tropaeolum majus*

**Flower** | Trumpet-shaped with sweet, mildly spicy flavor. Yellow, orange, and red blooms, 2” across, may be picked any time they’re present. **Plant** | Annual. 12–18” high. Smooth, round leaves, up to 3” across are also edible. **Spacing** | 12–18” apart. **Exposure** | Full sun to part shade. Moist, well-drained soil. **Cultivation Tips** | Cover seed as light inhibits germination. Sow seed directly into the prepared seedbed as nasturtiums resent transplanting. **Harvest** | Use flower buds or open flowers whenever present.  
**Uses** | Use whole flowers in salads as garnishes or as bite-sized containers for cold salads such as chicken, egg or tuna. Makes a beautiful flavored vinegar or blended butter.