

Shy Valley Farm's Favorite Edible Flowers

Edible flowers make food and beverages feel special like nothing else can.

Not only are they beautiful and colorful, but they are rich in flavonoids and vitamins!

Allium	Cilantro	Nasturtium
Angelica	Citrus	Oregano
Anise Hyssop	Clover	Pansy
Arugula	Dandelion	Radish
Basil	Daylily	Redbud
Bee Balm	Dill	Rose
Wild Bergamot	Fennel	Rosemary
Borage	Hibiscus	Sage
Calendula	Hollyhock	Scented Geranium
Carnations	Johnny Jump Up	Squash, Pumpkin
Sweet William	Lavender	Sunflower
Chamomile	Lemon Verbena	Viola
Chervil	Lilac	Violets
Chicory	Marigold (Gem and French)	
	Mint	

Play it safe; make certain of identification! Only eat flowers grown without pesticides. Eat only the flower petals, removing other parts before eating. Introduce edible flowers gradually to avoid triggering allergies. If you must store, refrigerate flowers in an airtight container with a moist paper towel.

Find more gardening tips related to herbs, native plants, edible landscaping, and eco friendly gardening at

our website: www.shyvalleyfarm.com

Environmentally conscious growers of native plants, herbs, and edibles since 2001.