

Edible Flowers for your salad

| Flower | Spicy | Floral | Petals only | Whole | Best Use |
|------------------------------|-----------------------|------------------|------------------|--------------------|---------------------------|
| Anise Hyssop | licorice | | flower tubes | | garnish |
| Apple Blossoms | | delicate | petals sparingly | | garnish |
| Arugula | peppery | | petals | | salad greens |
| Basil | spicy | | | flower & stem | salad greens |
| Bee Balm | spicy-minty | | tubular petals | | garnish |
| Borage | cucumber | | | flowers | garnish |
| Calendula | peppery | | bright petals | | garnish |
| Chicory | spicy-bitter | | blue petals | | salad greens |
| Chives | spicy | | florets | | salad greens |
| Chrysanthemum | tangy | | white or yellow | | salad greens and dressing |
| Cilantro | spicy | | | umbel with leaves | salad greens and dressing |
| Clover | | sweet | tubular petals | | garnish |
| Dandelion | | sweet | yellow petals | | garnish |
| Day lilies | cucumber | | petals | | garnish |
| Dianthus & pinks | Clove - sweet | | petals | | garnish |
| Dill | dill | | | umbel and leaves | garnish or dressing |
| Fennel | licorice | | | umbel and leaves | garnish |
| Johnny jump up | wintergreen | | | flowers | garnish |
| Lavender | | strong | | | sparingly garnish |
| Lilac | | strong | petals | | sparingly |
| Marigold (French or African) | | pungent | petals | | sparingly |
| Mint | minty with undertones | | | Flowers and leaves | salad greens and dressing |
| Nasturtium | peppery | | petals and buds | | garnish and dressing |
| Pansy | wintergreen | | petals | Flowers | garnish |
| Rose | | rose | petals | | garnish |
| Sage | sage | | petals | | sparingly |
| Scarlet Runner Bean | | delicate | | Beautiful | salad, garnish |
| Sunflower | | delicate- bitter | petals | | Garnish, salad |
| Violet | | delicate | | | garnish |