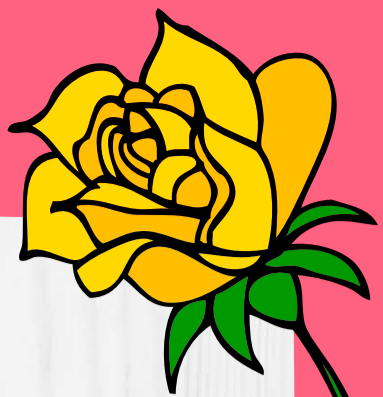
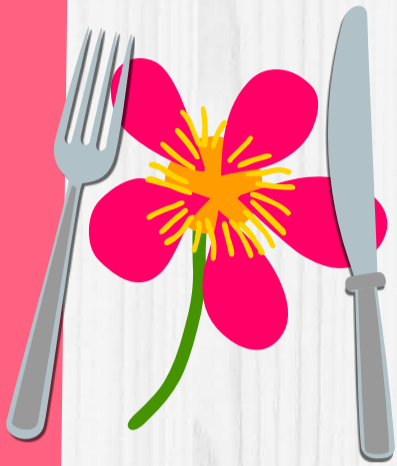


Edible flowers



OUR TOP TEN

Everyone loves the bright colours and wonderful fragrance of flowers in their garden, but did you know that many different flowers can be eaten? Check out our top 10 flowers to add to your dinner plate.



Chives

The flower's flavour is similar to its leaves. Sprinkle on top of egg and cheese dishes or salads.



Nasturtium

Probably the most recognisable edible flower, these generous, carpeting and rambling flowers bloom for months on end.



Pot Marigold

Can bloom for 10 months of the year, petals have a slightly sweet and buttery taste with a hint of pepper. Ideal in sandwiches or asparagus rolls.



A rainbow of colours! The miniature member of the pansy family have a sweet taste and are great for sprucing up dishes in the cooler months of the year.



Violas

Savoured by foodies for stuffing, these delicate-looking flowers are actually quite robust and hold up to being deep-fried, crumbed and battered.



Courgette

Perfectly formed, star-shaped blue or white flowers can be used in sweet and savoury dishes. Flowers can also be crystallised in sugar and used in baking.



Borage

Pungent, perfumed flavour usually best suited to sweet food like cakes, biscuits and drinks.



Scarlet Runner

A distinctive bean flavour, the bright scarlet flowers are lovely in omelettes and raw salads.



Day Lilies

The unopened flower buds are the tastiest parts of the day lily, with a real fresh, nutty flavour. A great addition to risottos, pasta and scrambled eggs.



Lavender

Rose petals are sweet and delicate and can be crystallised with sugar.

Roses

