

## Nasturtiums

Flowers, leaves, stems, and seed pods are edible.



Tasting notes: Leaves are peppery with bright citrus notes; similar to watercress or arugula. Flowers are delicate and mildly floral with slightly sweet nuances.

Uses: Use these vibrant colored blooms as a garnish in any dish! Embellish a salad, cheese plate, or stuff the blooms with an herbed ricotta. Leaves can be used in savory baked goods like quiche or scones or blended into fresh pesto.

## Violas

Flowers are edible.



Tasting notes: Mildly sweet with delicately perfumed notes.

Uses: Sprinkle onto salads or smoothie bowls. Stir into iced beverages for pops of color. Try candying them for decorating onto cakes, cookies, or chocolates. These flowers can also be dried for seasoning blends or steeped into teas or simple syrups.

Tip: Always remove the stems. Soak them in cold water to let them swell up slightly before use!

## Borage

Flowers are edible.



Tasting notes: Tastes like a cucumber! Texture is like spinach.

Uses: Versatile uses! Salad, iced beverages, smoothies or blanch for 30 seconds and stuff inside pasta shells or raviolis in place of spinach.

Tips: Remove the hairy sepals behind the flower. Pinch the middle of the “star” and pull. Packed with Vitamins A, B, & C.

## **Snapdragons**

Flowers are edible.



Tasting notes: slightly bitter with crispy texture, reminiscent of radicchio.

Uses: Use the blooms or chop and fold into savory side dishes like risotto, potato salad or couscous. These beauties can be candied to add vibrant colors and texture to desserts.

Tip: Pickle the flowers to reduce some of the bitterness and preserve them for off-season uses.

## **Marigolds**

Flowers are edible.



Tasting notes: Zesty and citrusy with notes of saffron.

Uses: Use raw petals as a garnish for sweet to savory dishes. Pairs well with tomatoes, squash, and asparagus! Try it in savory soups or lightly steep into broth for mussels. Can act as a natural food coloring in baked goods or syrups.

Tip: Remove entire petal from the stem. Cut off the white/pale greenish heels to reduce bitterness.

## Zinnias

Petals are edible.

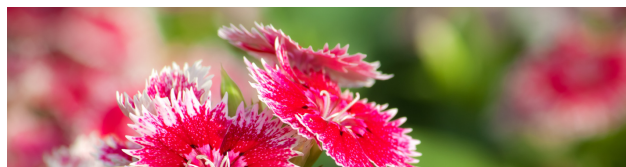


Tasting notes: This gorgeous flower tends to be on the bitter side.

Uses: Garnish on cakes or sprinkle into a salad.

## Dianthus

Petals are edible.





Tasting notes: Spicy floral notes

Uses: Great in cocktails, simple syrups, butter, and infused into vinegar. Try them candied or use as a fresh garnish in salad, sushi, spring rolls, or dessert.

## **Cornflower**

Petals are edible.



Tasting notes: Spicy and clove-like with a subtle sweetness.

Uses: Tear the petals into salads or use dried in herbal teas and infused into cocktails.

Tips: Is said to soothe menstrual disorders like yeast infections, constipation and reduce a fever/chest congestion.

## **Chamomile**

Flower, buds, and leaves are edible.





Tasting notes: These flowers are mild, sweet, and herbal. Pairs well with other herbs like tarragon, mint, and lavender. Excellent with citrus!

Uses: Steep dried buds in water to make a soothing and calming tea. Add fresh to salads, oatmeal, or baked goods. Great infused into oils, syrups, or into stocks to flavor soup.

## **Lilacs**

Flowers are edible.



Tasting notes: Sweet floral aromas. Tastes are floral and slightly bitter.

Uses: Best used to infuse! Try this delicate flower infused into simple syrup or candied for desserts.

Tips: Did you know that lilacs are part of the olive family?

## **Roses**

Flowers are edible.



Tasting notes: These tender petals have a mild floral flavor. Are said to be a great antioxidant and contain vitamin C and A.

Uses: Perfectly classy! The petals are a superb garnish or inclusion in compound butters, salad dressings, baked goods and cocktails. Use in jellies, jam, or steep into teas for a beautiful glow from within.

*BLOOMING KITCHEN CO recommends that pregnant women do not consume edible flowers as more research is to be done on effects and consumption levels. Medical references are not approved by the FDA. Consumer is responsible for allergic reactions or sensitivities associated with consumption of these products.*