



# Patty's Plants

## Edible Flowers

This is an area of growing interest. Follow these guidelines when considering edible flowers:

1. Use only flowers that you are sure have been listed as edible.
2. Just because it's served with food as a garnish doesn't mean it's edible.
3. Flowers should be grown organically.
4. If you have allergies or hay fever, don't eat flowers.
5. Don't pick from the roadside.
6. Use only the petals. Take out the center.
7. Slowly introduce into your diet.
8. Know your edibles. Some flowers often have toxic or irritating properties.

The following is a list of flowers that are commonly considered edible. There are still variations in each person's reaction to any food, including flowers. Use caution.

Pansy	Nasturtiums	Dandelion	Red Clover
Hibiscus	Rose	Violets	Calendula
Chives	Chamomile	Bee Balm	