



Happy Valley Herb Farm's

EDIBLE FLOWER LIST

... or ... "How to Eat a Rainbow"

Over the years of having school field trips, this has been a favourite outing regardless of the age; for the teachers and parents, as well as the students! We usually use bagels as the palette and cream cheese as the "glue"~ the rest is pure art and tastes....yum! Generally you eat just the petals, unless the flowers are tiny like Sweet Violets or Borage "stars".

Before you begin grazing your yards, there are THREE MAIN RULES

- ~ **IDENTIFY YOUR FLOWER!** ... just because it is pretty & in a garden does not mean it is safe to eat!
- ~ **INGEST ONLY ORGANICALLY GROWN FLOWERS** ... no nibbling at the florists or along the road verge
- ~ **REMOVE POLLEN PARTS** ... guests that react to air borne pollen, want to avoid also eating pollen

Here are some of my favourite edible flowers to begin with

RED ~ Pineapple Sage, Honey-dew melon Sage, Bergamot, Nasturtium, Tuberous Begonia, Pansy, Tulips and Roses

PINK ~ common Oregano, Roses, Carnations & Pinks, Pansy, Chives, Thyme, Cinnamon & African Blue Basil, Bergamot, Sweet Marjoram, Fruit Sage, and many Scented Geraniums

ORANGE ~ Daylily, Nasturtium, Calendula, Pansy, Tuberous Begonia, Roses

YELLOW~ Spring Primrose, Calendula, Roses, Tuberous Begonia, Arugula, Nasturtium, Lemon Gem Tagetes, Dill, Fennel, Honeysuckle and Daylily

BLUE ~ Gentian Sage, Viola, Pansy, Munstead Lavender, Spike Lavender, Rosemary, Cornflower, Hyssop and Borage

VIOLET ~ Sweet Violet, Hidcote Lavender, common Sage, many Thymes, Sweet Basil, Mint, Anise Hyssop, Lilac and Wild Bergamot

And not forgetting **WHITE** ~ Lemon Verbena, Greek Oregano, Lemon Basil, Lemon Balm, Sweet Cicely, Sweet Woodruff, Coriander, Savory, Mexican Tarragon, many Scented Geraniums, Garlic Chives and French Tarragon

PS...A great reference & inspirational book is: "Edible Flowers ~ from garden to palate"
by Cathy Wilkinson Barash 1993 ISBN # 1-55591-164-1

To sugar flowers: Today I am using Pansy blossoms ...

In a small bowl, whip one egg white into a light froth, add 2 drops vodka to speed drying. Use a fine paint brush, dip in egg white, and gently paint all surfaces of the flower's face and back. Sprinkle with very fine berry/white sugar. You can use regular white sugar & pulse gently in a food processor to get a finer blend. Set on wax paper to dry. I have successfully kept Sweet Violets in an air tight tin up to one year. Use on desserts, even wedding cakes!