



Edible Flowers List

compiled by Peter Rutherford

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Reference: Brown Kathy (2003). "Edible Flowers"- from garden to kitchen: choosing, growing and cooking flowers. Annes Publishing. London. ISBN 1-90314-117-6

Colours of the RAINBOW! (R.O.Y.G.B. I.V)

Red – Orange – Yellow – Green – Blue – Indigo – Violet

Alfalfa /Lucerne	V	Cornflowers (Centaurea cyanus, Centaurea Montana)	Y
Anchusa (Anchusa azurea)	B/I/V	Cowslip (Primula veris)	O/Y
Aloe Vera	O	Daisies (Bellis perennis)	O/Y/B
Basil (Ocimum basilicum) & Sacred Basil	I/V	Dandelion (Taraxacum officinale)	Y
Bergamot (Monarda didyma)	R	Day Lily (Hemerocallis)	O/Y
Bluebells (Scilla spp)	B	Dill (Anethum graveolens)	Y
Borage (Borago officinalis)	B/I	Elder (Sambucus nigra)	White
Brassica's eg Broccoli, Bok Choi, etc	Y	Evening Primrose (Oenothera biennis)	Y
Calendula / Pot Marigold (Calendula officinalis)	O	Fennel (Foeniculum vulgare)	Y
Carnations (Dianthus spp)	R/B/I/V	Fuchsia (Fuchsia arborescens)	R/I/V
Chamomile (Chamaemelum nobile)	White	Geranium (Pelargonium)	R/I/V
Chickory (Cichorium intybus)	B/I/V		
Chives (Allium schoenoprasum)	B/I/V		
Citrus (Citrus sinensis & Citrus limon)	White		
Clover (Trifolium pratense)	B/I/V		

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For more information
visit www.ecohouseandgarden.com.au,
email: kimbriki@kimbriki.com
or contact us via Kimbriki Resource Recovery Centre
02 9486 3512.



Edible Flowers List continued

Hibiscus (<i>Hibiscus rosa-sinensis</i>)	R/O/Y	Rocket / Arugula (<i>Eruca vescaria</i> spp sativa)	Y/White
Hollyhocks (<i>Alcea rosea</i>)	I/V	Rosemary (<i>Rosmarinus officinalis</i>)	B/I/V
Hops (<i>Humulus lupulus</i>)	Y	Roses (<i>Rosa</i> spp)	
Hyssop (<i>Hyssopsus officinalis</i>)	I/V		
Lavender (<i>Lavandula angustifolia</i>)	I/V	Saffron (<i>Crocus sativus</i>)	I/V/White
Lemon Balm (<i>Melissa officinalis</i> 'Aurea')	Y/White	Sage (<i>Salvia officinalis</i>)	I/V
Lemon Verbena (<i>Aloysia triphylla</i>)	White	Sunflower (<i>Helianthus annuus</i>)	O/Y
Marjoram (<i>Origanum vulgare</i>)	V/White	Sweet Cicely (<i>Myrrhis odorata</i>)	White
Mints (<i>Mentha</i> spp)	I/V/White	Sweet Violets (<i>viola adovata</i>)	I/V
		Sweet Woodruff (<i>Galium odoratum</i>)	V/White
Nasturtiums (<i>Tropaeolum majus</i>)	O/Y	Thyme (<i>Thymus vulgaris</i>)	V/White
		Tiger Lily (<i>Lilium lancifolium</i>)	O
Oregano (<i>Origanum vulgare</i>)	V/White	Viola (<i>Viola</i>)	B/I/V
Pansy (<i>viola wittrockiana</i>)	B/I/V	Zucchini (<i>Cucurbita Pepo</i> var : Corgette or Marrow)	O/Y
Peas (<i>Pisum sativum</i>)	V/White		
Pineapple Sage (<i>Salvia</i>)	R		
Primrose (<i>Primula vulgaris</i>)	Y		
Pumpkin (<i>Cucurbita</i> spp)	O/Y		

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