

# Edible Garden Flowers

Edible flowers can be a great way to add some fun and color to your next meal. They are a great way to bring vibrant flavors and great textures to salads, soups, casseroles, and other dishes. Flowers, flower buds, and petals have been used for centuries in countries like China and Ecuador for teas, soups, pies and stir-fries. And many of these colorful treats are packed with vitamin C as well; especially rose hips, marigolds and nasturtiums.

So enjoy a little extra pop of color in your next meal. Here's a short list to get you started:

Ageratum	Fuchsia	Nasturtium
Bee Balm	Geranium	Pansy
Begonia	Gladiolus	Petunias
Calendula	Hollyhock	Rose
Carnation	Impatiens	Scented Geranium
Chive Blossom	Johnny-jump-up	Squash Blossom
Dianthus	Marigold	

## Before you head to the garden, here are a few suggestions to keep in mind.

- Eat only flowers that have not been exposed to pesticides.
- Pick them early in the day and refrigerate the blooms between damp layers of paper towels.
- Shake blooms to remove any unwanted guests.
- Wash your flowers gently, as they can tear easily.



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