

Grow your flowers and eat them too

Flower Power

BY JENNIFER L. RUBENSTEIN

ILLUSTRATIONS BY REBEKAH NOLAN, FLATLAND KITCHEN

"Bread feeds the body, indeed, but flowers feed also the soul." —The Koran



Tuberous Begonia

Taste: citrus-sour
Edible: stems, leaves, flowers
Food use: petals in salads, stem as garnish
Cook's note: substitute for rhubarb



Clover

Taste: sweet, tastes like anise or licorice
Edible: whole clover flower
Food use: salads and tea
Cook's note: some believe it can help gout and rheumatism



Hibiscus

Taste: tart citrus
Edible: petals
Food use: pickle, tea, garnish in wine, salad

Tip: Make ice cubes containing any of these edible flowers to doll up any ordinary drink.



Chrysanthemum

Taste: slightly bitter, tangy
Edible: petals—remove the flower base
Food use: flavor vinegar, use in salads, stir-fries
Cook's note: blanch petals if using in salads



Dandelion

Taste: sweet, honey
Edible: buds and flower heads
Food use: wine, honey, salads, rice, tea
Cook's note: can be eaten raw or steamed



Daylily

Taste: sweet with a vegetable taste
Edible: petals, blossom
Food use: stuff as you would squash blossom, salad
Cook's note: natural laxative, eat in moderation



Marigold

Taste: tangy to peppery, resembles saffron
Edible: petals
Food use: soups, pasta, rice, salads, butters, may be used for natural food dye



Rose

Taste: strawberries, green apples, sweet
Edible: petals
Food use: syrups, jellies, desserts, butter
Cook's note: remove the white portion of petals



Violet

Taste: sweet fragrant
Edible: flowers, leaves
Food use: desserts, drinks, salads
Cook's note: cook leaves like spinach



Lilac

Taste: fragrant, lemon flavor
Edible: flowers
Food use: flavor water, salads, flavor sugar, desserts
Cook's note: steep in water to make a natural fragrant spray



Pansy

Taste: sweet grassy flavor, wintergreen overtone
Edible: petals, stems, leaves
Food use: sweet salads, desserts, soups, water, tea



Garden Sorrel

Taste: tart, lemon flavor
Edible: flowers, leaves
Food use: salads, sauces, soups, pasta, pizza
Cook's note: Sorrel contains large amounts of oxalic acid, which people with low kidney function need to avoid.