

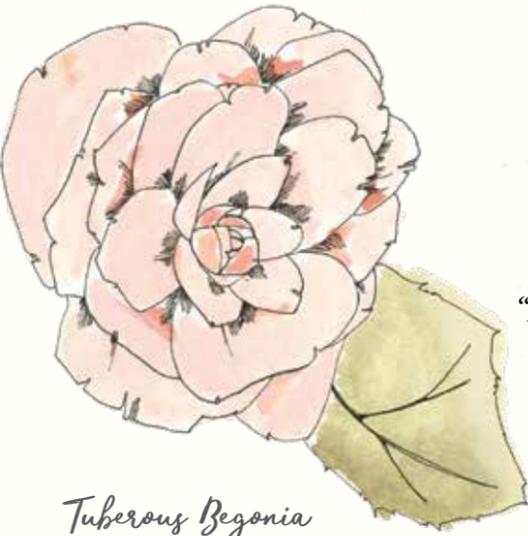
Grow your flowers and eat them too

# Flower Power

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ILLUSTRATIONS BY REBEKAH NOLAN, FLATLAND KITCHEN

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



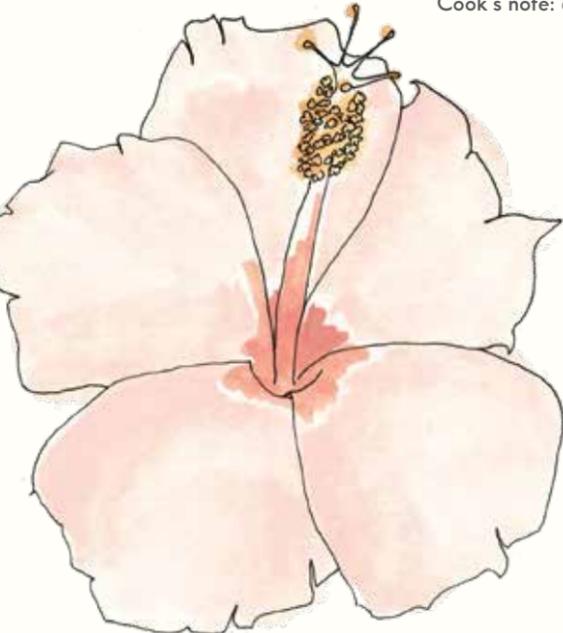
*Tuberous Begonia*

**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*

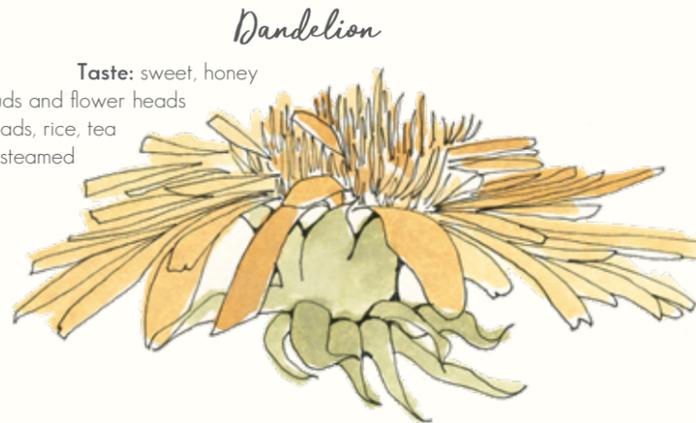
**Taste:** tart citrus  
**Edible:** petals  
**Food use:** pickle, tea, garnish in wine, salad

**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.