

Gomphrena – steep flowers in hot water to make a tea.

Sunflowers – petals can be used as a garnish on baking or in salads.



Impatiens – petals can be floated in drinks.

Chrysanthemum – lightly and quickly fry the petals in vegetable oil, then add to soups, salads, and stir-fries.

Lemon verbena – strongly flavoured, good for tea or cordial.

Basil – flowers are as flavourful as leaves. Adds colour to salads and meals.

Pineapple sage – make an infusion to flavour cakes or cocktails.



Zinnia – steep in hot water to make a tea.

Dianthus – subtle clove flavour, good in salads and sushi, or as a cake garnish.



Fennel – great in salad or served with fish, in savoury scones, or as a botanical infusion in gin.

Thyme – flowers are as flavourful as the leaves.

Chives – the surprisingly crunchy flowers have a mild onion flavour. Good in salads, pasta, or scrambled eggs.



Dahlia – use the petals as a garnish.

Hollyhock – steep the petals in hot water then use the cooled infusion as a refreshing face wash. Use young petals as a salad garnish.

Begonia – petals have an effervescent tang with a hint of citrus.

Rose – the hips can be made into a brightly coloured syrup (Rugosa roses are best). The petals of damask roses can be turned into rose petal jam. A general rule is: if it smells good it will taste good

Fuchsia – add as a garnish on baking, desserts, salads or in jelly pods.

Chicory – use as a garnish in salads and on baking. The flowers look great frozen in ice cubes and added to drinks.



Day lily – Petals are great in salads, soups or chopped and added to a stir fry. Buds can be sautéed then stuffed.

Lavender – Make a lavender flower sugar to add to baking. Petals and infusion can be used to make lavender icecream.

Viola – flowers have a lettuce-like flavour. Add as garnish to salads or desserts.



Edible flowers

An edible flower garden not only looks and smells lovely but adds colour, style and zest to your dishes and drinks. Whether scattered over salads, frozen in ice cubes, or crystallised atop desserts, edible flowers can elevate everyday meals into something special.

When is the best time to pick your flowers?

Edible flowers are best fresh and early in the morning is the best time to pick them. Put them into a container in the fridge and use within a few days.

What part of the flower is best to eat?

The petals are generally the best part of the flower. We recommend removing the stamens as some people can be allergic to pollen. Don't eat old or discoloured flowers and do not treat your edible flowers with chemicals.

How to make floral ice cubes

Place the flowers or petals in each compartment of an ice cube tray, then fill halfway with water and freeze until solid before topping off with more water and freezing completely. Using cooled boiled water will make a clearer ice cube.

How to make crystallised flowers

To crystallise flowers, gently brush each clean, dry petal with lightly beaten egg white using a small paintbrush, then sprinkle fine caster sugar evenly over the surface, making sure to coat both sides. Place the sugared flowers on baking paper and leave to dry at room temperature for 24-48 hours until crisp and the sugar forms a delicate coating.

Using your microwave to dry your flowers

Place your clean, dry flowers on a paper towel in a single layer, cover with another paper towel and weigh down with a plate. Microwave in 20-30 second bursts on medium power. Check between each burst - most small flowers will take 1-2 minutes total, but this will depend on the flower's size and moisture content. They're ready when they feel crisp but haven't browned or lost their colour.

How to make an infusion

To make an edible flower infusion, place flowers in a teapot or heat-safe container and pour hot (not boiling) water over them. Cover and allow to steep for 5-10 minutes, adjusting the time based on your desired flavour intensity. Finally, strain the liquid and store it in the refrigerator for up to three days.

