



200 Mehrhof Hall
PO Box 110675
Gainesville, FL 32611-0675
Telephone (352) 392-1831 x 246
Fax (352) 392-1413
www.gardeninginaminute.com

Edible Flowers

Today on Gardening in a Minute: edible flowers.

Flowers have been used in cooking throughout the world for thousands of years, and you can easily grow many different kinds of edible flowers in your own garden!

The uses of edible flowers are numerous. They can add flavoring, color, and fragrance to your cooking. Edible flowers can decorate a cake, spruce up a salad, be made into jellies or bottled with oils and vinegars.

Some of the common flowers you can grow for your edible flower garden include marigolds, violets, roses, nasturtiums, pansies, and the blooms of herbs like chives.

Eat only the flowers you grow yourself, and never use pesticides on flowers you plan to eat. Pick your flowers in the early morning, and enjoy the compliments you'll get for your beautiful cuisine!

For more information about this and many other gardening topics, contact your county extension office or visit Gardening in a Minute dot com.

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