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 in your edible flower garden include marigolds, violets, roses, nasturtiums, pansies, and the blooms of herbs like chives and dill.

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 edible flowers and many other gardening topics, contact your county extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida’s Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.