

## Best Edible Flower Choices

I love enhancing my dishes with edible flowers. Here is a list of the best edible flowers by Howard Garrett, *The Dirt Doctor*. Check out [my recipe box](#) in the kitchen for some great edible flower recipes.

<p><b>SHADE TREES:</b> Ginkgo - tea from leaves Jujube - fruit Linden - tea from flowers Mulberry - fruit Pecan - edible nuts Persimmon - fruit Walnut - edible nuts</p> <p><b>ORNAMENTAL TREES:</b> Apple - fruit and edible flower petals Apricot - fruit and edible flower petals Citrus - edible fruit Crabapple - fruit and edible flower petals Fig - fruit and edible flower petals Mexican plum - fruit Peach - fruit and edible flower petals Pear - fruit and edible flower petals Persimmon - fruit Plum - fruit and edible flower petals Redbud - edible flowers Rusty Blackhaw Viburnum - edible berries Witch hazel - tea from leaves</p> <p><b>SHRUBS:</b> Agarita - fruit for wine Althea - edible flowers Bay - tea and, food seasoning from leaves Germander - freshens air indoors Pomegranate - edible fruit Turk's cap - flowers and fruit for tea</p> <p><b>ANNUALS:</b> Begonias - edible flowers Daylilies - edible flowers Dianthus - edible flowers Ginger - food, seasoning and tea from roots Hibiscus - edible flowers Johnny jump-ups - edible flowers Nasturtium - edible leaves Pansies - edible flowers Peanuts - edible nuts Purshlane - edible leaves Sunflower - edible seeds and flower petals</p>	<p><b>VINES:</b> Beans and Peas - edible pods and seed Gourds - dippers and bird houses Grapes - food (fruit and leaves) Luffa - edible flowers, shoots and fruits, sponges from the dried fruit Malabar spinach - edible foliage Passion flower - edible fruit, tea from leaves</p> <p><b>GROUND COVERS:</b> Clover - tea from leaves and flowers Creeping thyme - teas and food flavoring Gotu kola - tea from leaves Mints - food and teas from flowers and leaves Oregano - teas and food flavoring Violets - leaves in salads and tea from flowers and leaves</p> <p><b>PERENNIALS:</b> Anise hyssop- edible flowers, foliage for tea Blackberries - edible berries, foliage for tea Chives - edible foliage and flowers Garlic - edible flowers, greens and cloves Hibiscus - edible flowers Hoja Santa - leaves for cooking with meats Horsemint - insect repellent Jerusalem artichoke - roots for food Lavender - teas and insect repellent Monarda - edible flowers and leaves for teas Peppers - edible fruit, tea from fruit Purple coneflower - all plant parts for teas Rosemary - food and tea from leaves and flowers Roses - petals and hips for tea Salvia - edible flowers, foliage for teas Sweet marigold - food, flavoring and tea from leaves and flowers Tansy - chopped and crushed foliage repels ants Turk's cap - flowers &amp; fruit for tea</p>
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