

# TOP 10



EVERYONE LOVES THE BRIGHT COLOURS AND WONDERFUL FRAGRANCE OF FLOWERS IN THEIR GARDEN, BUT DID YOU KNOW THAT MANY DIFFERENT FLOWERS CAN BE EATEN? CHECK OUT OUR TOP 10 FLOWERS TO ADD TO YOUR DINNER PLATE.

## Edible Flowers

### Chives

The flower's flavour is similar to its leaves. Sprinkle on top of egg and cheese dishes or salads.



### Calendula

Commonly known as Pot Marigold, the petals have a slightly sweet and buttery taste with a hint of pepper. Ideal in sandwiches or asparagus rolls.



### Borage

Perfectly formed, star-shaped blue or white flowers can be used in sweet and savoury dishes. Flowers can also be crystallised in sugar and used in baking.

### Violas

A rainbow of colours! The miniature member of the pansy family have a sweet taste and are great for sprucing up dishes in the cooler months of the year.



### Nasturtium

Probably the most recognisable edible flower, these generous, carpeting and rambling flowers bloom for months on end.



### Daylilies

The unopened flower buds are the tastiest parts of the daylily with a real fresh, nutty flavour. A great addition to risottos, pasta and scrambled eggs.

### Courgette

Savoured by foodies for stuffing, these delicate-looking flowers are actually quite robust and hold up to being deep-fried, crumbed and battered.



### Scarlet Runner

A distinctive bean flavour, the bright scarlet flowers are lovely in omelettes and raw salads.



### Lavender

Pungent, perfumed flavour usually best suited to sweet food like cakes, biscuits and drinks.



### Roses

Rose petals are sweet and delicate and can be crystallised with sugar.

