

# Edible Flowers are Fun and Tasty!



Hillermann's  
Kids' Club

For centuries, flowers have been considered food by many cultures... even ours! Japanese cook daylily buds, and Italians fry zucchini blossoms. Flowers can be used in a multiple of ways: to add color and taste to salads; to decorate a dinner plate; to float in drinks.

## Edible Flower

Borage flowers

Chive flowers

Bee balm

Lemon thyme

Pot marigold flowers

Honeysuckle

## What they taste like

strong cucumbers

onions

minty lemon

lemon

tangy greens

honey

**CAUTION:** some flowers are poisonous: potato, foxgloves, and sweet pea to name a few. Make sure you know the difference and NEVER eat a flower without checking first.

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