



A CLARA BENNETT GARDEN GUIDE

# Edible Flowers Starter Kit



Five printables to grow, harvest & eat your  
first edible flowers — your free companion  
to *Edible Flowers for Small Spaces*.

13 FLOWERS AT A GLANCE · SAFETY CARD · FLAVOR & USES  
YOUR FIRST FIVE FLOWERS · BLOOM & HARVEST LOG



THE ALMANAC HOUSE · AN IMPRINT OF CONFLUENCE MEDIA GROUP

# 13 Edible Flowers at a Glance

The beginner’s shortlist — what each flower wants, when to pick it, and what to do with it. Identify by the *botanical name*, grow it yourself, and you’re safe to eat it.

FLOWER	BOTANICAL	SUN	DEPTH	HARVEST STAGE	CULINARY USE
Pansy	<i>Viola</i> × <i>wittrockiana</i>	Full sun (cool); part shade in heat	8–12 in	Whole flower, fully open	Salad garnish; candied for desserts
Viola / Johnny-jump-up	<i>Viola tricolor</i> / <i>V. cornuta</i>	Full sun (cool); part shade in heat	6–8 in	Whole flower, fully open	Cake garnish; ice cubes
Calendula	<i>Calendula officinalis</i>	Full sun, 6+ hrs	10–12 in	Whole head when just open; petals stripped	Yellow rice (“poor man’s saffron”); flower salt
Nasturtium	<i>Tropaeolum majus</i>	Full sun, 6+ hrs	12–14 in	Flowers in morning; leaves anytime	Salad; nasturtium butter; pickled seed pods
Chives	<i>Allium schoenoprasum</i>	Full sun to partial	6–8 in	Flowerhead just opened	Chive blossom vinegar; deviled eggs
Borage	<i>Borago officinalis</i>	Full sun	12 in	Individual stars	Frozen ice cubes; clear soups
Basil	<i>Ocimum basilicum</i>	Full sun, 6+ hrs	8–10 in	Flower spike, half open	Caprese; vinaigrettes; pizza
Mint	<i>Mentha</i> species	Partial shade tolerated	8–10 in	Spike, half open	Cocktail garnish; fruit salad
Lavender	<i>Lavandula angustifolia</i>	Full sun, 8+ hrs	12–14 in (alkaline mix)	Spike, half buds open	Lavender shortbread; lavender sugar
Dill	<i>Anethum graveolens</i>	Full sun	10 in	Whole umbel, mostly open	Dill butter for salmon; pickle jars
Daylily	<i>Hemerocallis</i> spp.	Full sun, 6+ hrs	14 in (perennial)	Buds in evening; flowers in morning	Stir-fries; stuffed flowers
Dianthus	<i>Dianthus</i> species	Full sun	12 in (alkaline mix)	Whole flower; remove white heel	Dianthus syrup; flavored sugar
Squash blossom	<i>Cucurbita</i> species	Full sun, 8+ hrs	5+ gallons	Male flowers, morning of opening	Stuffed and fried; sliced into omelets

● *When in doubt, do not eat. When not in doubt — identified by botanical name, grown by you or bought culinary-labeled — go ahead. See the Safety Card for the full rule.*



# Safety Card — What's Edible, What Isn't

Edible-flower gardening is one of the safest hobbies in a small space — the whole safety floor is three rules and a short list. Get this right and the rest is just flavor.

## 1 · NAME BEATS NICKNAME

One common name can mean several plants — some edible, some poisonous. Identify by the *botanical name* from a credible source before you eat.

## 2 · GROW IT OR SOURCE IT

Eat only flowers you grew, or ones sold labeled for culinary use. Never eat florist, supermarket, garden-center ornamental, or roadside flowers — assume treated.

## 3 · KNOW THE NEVER-EAT LIST

Some garden flowers can harm an adult in a small amount. Memorize the list below — especially where children or pets can reach.

## NEVER EAT — TOXIC FLOWERS TO AVOID

### SEVERELY TOXIC — NO PART IS SAFE

Foxglove (*Digitalis purpurea*)  
Lily of the valley (*Convallaria majalis*)  
Monkshood / Wolfsbane (*Aconitum napellus*)  
Oleander (*Nerium oleander*)  
Castor bean (*Ricinus communis*)  
Datura / Jimson weed (*Datura stramonium*)  
Autumn crocus (*Colchicum autumnale*)

### TOXIC — DO NOT EAT

Daffodil (*Narcissus species*)  
Hyacinth (*Hyacinthus orientalis*)  
Larkspur & Delphinium (*Delphinium species*)  
Clematis (*Clematis species*)  
Sweet pea (*Lathyrus odoratus*)  
Lupine (*Lupinus species*)  
Nicotiana (*flowering tobacco*)

## FIRST TASTE & EMERGENCIES

Introduce one new flower at a time — two or three petals, then wait a day. On large flowers (rose, dianthus, daylily, lily), trim away the white heel and remove stamens and pistils. If you have any pollen allergy or asthma, ask your doctor first. **If anyone eats an unknown or toxic plant, call Poison Control now: 1-800-222-1222** (free, 24 hours, U.S.).



# Flavor Map & 12 Ways to Use Them

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Walk in with a basket of mixed flowers and you'll have a move ready. Match a flavor to a technique — each one works for several flowers from your garden.

## WHAT THEY TASTE LIKE

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**Peppery & bright** — Nasturtium, calendula · clean spice; calendula adds saffron-like warmth

**Sweet onion** — Chive blossoms · “onion candy,” milder than the leaves

**Green & herby** — Basil, mint, dill · a fresher echo of each herb's leaf

**Cool cucumber** — Borage · clean, slightly sweet, no aftertaste

**Soft & mild** — Pansy, viola, daylily, squash blossom · gentle; use for color

**Floral & clove** — Lavender, dianthus · perfumed & spiced; a little goes far

## TWELVE SIMPLE WAYS TO USE THEM

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### I Flower butter

Soft butter + chopped flowers; for corn, bread, fish.

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### 3 Flower salt

Petals + flaky salt, one part to four; a finishing salt.

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### 5 Salad garnish

Whole or torn petals, scattered before serving.

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### 7 Stuffed squash blossoms

Male blossoms stuffed with cheese and fried.

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### 9 Flower-infused honey

Petals steeped in honey for a floral spoonful.

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### II Frozen ice cubes

One flower set in each cube for summer drinks.

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### 2 Flower vinegar

Steeped in white wine vinegar two weeks; for vinaigrettes.

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### 4 Flower sugar

Layered with sugar; for baking, tea, cocktails.

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### 6 Soup garnish

Floated on a finished soup, stew, or clear broth.

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### 8 Candied flowers

Egg white + fine sugar, dried crisp; for desserts.

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### 10 Teas & cordials

Fresh or dried flowers steeped into drinks.

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### 12 Floral oils

Infused into a mild oil for finishing.

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GROW THESE FIRST

# Your First Five Flowers

The five the book names as the surest beginner wins — fast, forgiving, hard to kill. Start here, then branch out. Tick each milestone as it happens.

FLOWER	SUN	POT DEPTH	WHEN TO START	WHY IT'S BEGINNER-PROOF	TRACK IT sow · bloom · taste
Calendula <i>Calendula officinalis</i>	Full sun, 6+ hrs	10–12 in	Sow in spring	Germinates fast, shrugs off poor soil, and blooms till frost — the can't-fail flower.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Nasturtium <i>Tropaeolum majus</i>	Full sun, 6+ hrs	12–14 in	After last frost	One 14-inch pot and a seed packet give peppery flowers all summer. The workhorse.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Pansy <i>Viola × wittrockiana</i>	Full sun (cool); part shade in heat	8–12 in	Early spring / fall	Loves cool weather; mild and faintly sweet; the showpiece on any salad.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Viola <i>Viola tricolor</i>	Full sun (cool); part shade in heat	6–8 in	Early spring / fall	Tiny, tough, and self-seeding — once happy, it returns on its own.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Chives <i>Allium schoenoprasum</i>	Full sun to partial	6–8 in	Spring (perennial)	Plant once, harvest for years; pink blossoms taste like onion candy. Easiest perennial.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Start one new flower at a time and taste just two or three petals the first day (see the Safety Card). Calendula and nasturtium have the gentlest track records — good places to begin.



PICK AT THE PEAK

# Bloom & Harvest Log

A flower picked at the right moment tastes twice the one picked carelessly. Track what you cut, when, and what you did with it — next season you'll know exactly what worked.

## 1 · HARVEST IN THE MORNING

After the dew dries, before midday heat — that's when flavor oils peak. A nasturtium at 8 a.m. tastes far more peppery than the same flower at 1 p.m.

## 2 · DON'T STRIP THE PLANT

Take no more than about a third of the open blooms. Leaving some keeps the plant flowering — and feeds the pollinators.

## 3 · RINSE, DRY, USE FRESH

Swish gently in cool water, pat dry on a paper towel, and use the same day. Most flowers keep only a day or two chilled.

DATE	FLOWER	STAGE PICKED	AMOUNT	HOW I USED IT	NOTES

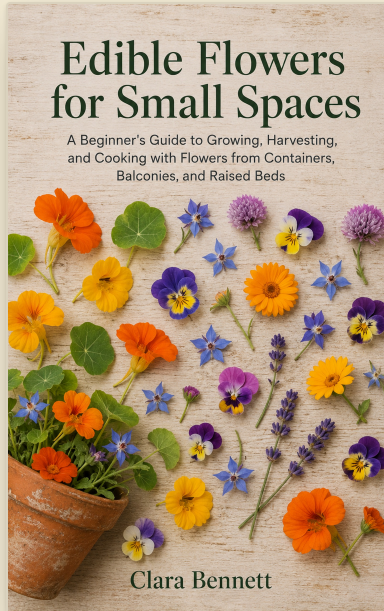
● *If a flower tastes like a lettuce leaf instead of peppery, you picked it too late in the day — the morning-harvest rule isn't optional when flavor matters.*



KEEP GOING

# When You're Ready for More

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THE FULL BOOK

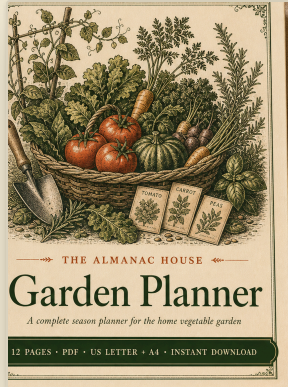
## Edible Flowers for Small Spaces

*Grow, harvest & cook with flowers from any small space*

The complete version of what this kit starts — growing, harvesting, and cooking with edible flowers from containers, balconies, and raised beds, season after season.

GET THE BOOK →

[confluencemediagroup.net/almanac-house/authors/clara-bennett](https://confluencemediagroup.net/almanac-house/authors/clara-bennett)



RUN A WHOLE SEASON

## The Almanac House Garden Planner

When you're ready to run a whole season — frost dates, a scaled bed map, succession sowing, a reusable monthly plan, and the logs that turn one good year into ten.

FIND IT ON ETSY →

[thealmanachouse.etsy.com](https://thealmanachouse.etsy.com)

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More from Clara Bennett — her companion guide *Small Space, Big Harvest* and other small-space gardening titles at [confluencemediagroup.net/almanac-house/authors/clara-bennett](https://confluencemediagroup.net/almanac-house/authors/clara-bennett), and her printable garden planners & logs at [thealmanachouse.etsy.com](https://thealmanachouse.etsy.com).



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