

# Easy, Everyday Edible Flowers

by Amy Christmas

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I have had the pleasure of working with local preschool student gardeners in their school garden for the last 3 years. They have surprised and delighted me by their response to edible flowers. We grew several types in the garden this year including: herbs, such as Basil, Dill, and Rosemary, and vegetables, such as Broccoli and Peas.

Each of these plants is typically cultivated for a purpose other than an edible flower but all produce a bloom that is colorful and tasty. Most herbs have edible flowers but 3 which we grew were Basil, Dill, and Rosemary. Basil flowers range in color depending on the variety - I am partial to Lemon Basil which has white flowers and Thai Basil with light purple. Dill is yellow and lacy. Rosemary is a beautiful blue. Our Broccoli produced light yellow flowers and our Peas offered white and pink prior to producing the beloved pea pods.



Broccoli



Basil

None of these plants have any special growing requirements other than water, sun, and regular harvesting. The Basil and Dill can be picked often which will encourage more leaves and eventually more flowers. Broccoli is usually grown for its unbolting head, but you can let at least one plant go to seed allowing you to enjoy some flowers and provide enough seeds to replant. The Peas will generally be good enough producers to allow you to select a flower here and there.

The whole flowers of any of added to a salad, used as a as you garden. The Basil and slightly less flavorful than flowers are slightly more these herb flowers can be leaves in recipes. Consider colorful garnish atop a salad or coated lightly with to cakes or pastries. Try filling ice cube trays with water and flowers for a pretty addition to any beverage.



Rosemary

these plants can be garnish, or just eaten Rosemary flower is the leaves while Dill pungent, and all of substituted for the using them for a vegetable or fruit sugar for a colorful touch

Think about planting or encouraging the flowers of these plants to add some easy color to your garden, spice to your menu, and joy to your palate.