

Edible Flowers

Edible flowers - General information

- edible parts: use the whole flower, the petals or flower buds
- how to use: flowers are amazing for decorating dishes, in or on salads and in herb teas

A: annual • B: biennial • P: perennial • I-XII: flowering months

Do's and Don'ts about picking flowers in the wild:

Enjoy and protect nature:

- protection and red list: don't pick protected or rare flowers
- don't overpick: leave enough for the plant to make new seeds
- protect wild life: many flowers are important for bees, butterflies, wasps etc. Leave enough flowers for pollinators



Allium ursinum

Ramsons • *Allium ursinum* • P • III-IV • NL: daslook; G: Bärlauch; ES: ajo de oso; HU: medvehagyma



Eruca sativa

Elder flower • *Sambucus nigra* • P • V-VI • NL: vlier; G: Hollunder; ES: saúco negro; HU: fekete bodza



Sambucus nigra

Rucola • *Eruca sativa* • A • V-VII • NL: rucola; G: Rukola; ES:; HU: borsmustár



Primula spp.

Primrose • *Primula veris* • P • III-IV • NL: sleutelbloem; G: Schlüsselblume; ES: primaveras; HU: tavaszi kankalin:



Oenothera spp.



Taraxacum officinalis

Dandelion • *Taraxacum officinale* • P • IV-V • NL: paardebloem; G: Löwenzahn; ES: diente de león; HU: gyermekláncfű

Evening Primrose • *Oenothera* • P • V-VI • NL: teunisbloem; G: Nachtkerze; ES: onagra; HU: ligetszépe

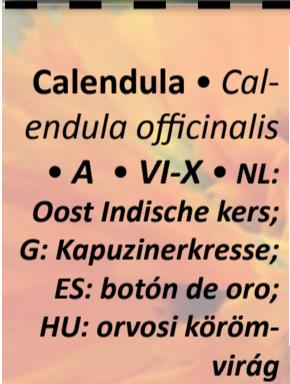


Centaurea cyanus

Corn flower • *Centaurea cyanus* • A • VI-VIII • NL: korenbloem; G: Kornblume; ES: aciano; HU: búzavirág



Cichorium intybus



Calendula • *Calendula officinalis* • A • VI-X • NL: Oost Indische kers; G: Kapuzinerkresse; ES: botón de oro; HU: orvosi körömvirág



Orange lily • *Lilium bulbiferum* • A • VI-VIII • NL: Roggelelie; G: Krokus-Feuerlilie; ES: amapola silvestre; HU: tüzes liliom



Rosa spp.

Roses • *Rosa spec.* • P • V-VI • NL: roos; G: Rose; ES: rosa; HU: Rósza



Hesperis matronalis



Daylilies • *Hemerocallis spec.* • P • VI-IX • NL: daglelie; G: Hollunder; ES: Lirio de Día; HU: Sásliom

Hemerocallis

Lilium bulbiferum



Malva • *Malva sylvestris* • P • V-VI • NL: groot kaasjeskruid; G: Malve; ES: malva común; HU: Erdeimályva



Sweet Rocket • *Hesperis matronalis* • P • V-VI • NL: damastbloem; G: Nachtviole; ES: juliana; HU: Vrabélyi-estike



Poppy - *Papaver rhoeas* • A • V-VI • NL: klaproos; G: Mohn; ES: amapola silvestre; HU: pipacs

Nasturtium • *Tropoleum majus* • A • VII-X • NL: Oost Indische kers; G: Kapuzinerkresse; ES:; HU: kerti sarkanthyúka

lavender • *Lavandula* • P • V-VI • NL: lavendel; G: Lavendel; ES: espliego; HU: közönséges levendula



Bergamot • *Monarda didyma* • P • VII-IX • NL: monarde; G: Indianernessel; ES: Monarda; HU: vörös méhbalzsam



Monarda didyma



Lavandula spp.

Sweet violet • *Viola odorata* • P • V-VI • NL: Maarts viooltje; G: Duftveilchen; ES: viola; HU: illatos ibolya



Viola odorata