

The Future of Food 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*



Primula spp.

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



Oenothera spp.

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



Taraxacum officinalis

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



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: feketebodza

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



Sambucus nigra



Centaurea cyanus

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

Cichory • *Cichorium intybus* • P • V-VI • NL: cichorei; G: Wegwarte; ES: escarola; HU: mezei katáng



Borago officinalis

Borage • *Borago officinalis* • A • VI-X • NL: bernagie; G: Borretsch; ES: borraja; HU: borágó



Cichorium intybus

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



Calendula officinalis



Lilium bulbiferum

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

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

Hemerocallis



Rosa spp.

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



Hesperis matronalis

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



Malva sylvestris

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

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



Papaver rhoeas

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



Tropoleum majus

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



Monarda didyma

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



Lavandula spp.

pansy • *Viola tricolor* • P • V-VI • NL: viooltje; G: Stiefmütterchen; ES: pensamiento; HU: háromszínű



Viola tricolor

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



Viola odorata