

Growing Edible Flowers

Zinnias

FLAVOR NOTES

- Floral and bitter

USES

- Garnishes, salads, teas

SEEDING TIMES

- Indoors: 4 weeks before last frost
- Direct sow: : 2 weeks before last frost

LIGHT PREFERENCES

- Full sun

PLANT SPACING

- 12-18" apart

FLOWERING PERIOD

- June through October

HOW TO HARVEST

- Harvest flowers when the bloom is fully open.
- Pinch inflorescence off where stem begins to branch
- Collect the flowers in the morning to avoid water loss
- Remove individual flowers off the inflorescence and pull off petals
- Remove “petals”, rinse thoroughly, and use either fresh or dried



Zinnia sp.

Growing Edible Flowers

Dahlias

FLAVOR NOTES

- Water chestnut, floral, sometimes spicy

SEEDING TIMES

- Indoors: 8 weeks before last frost
- Direct sow: 6 weeks before last frost

TUBERS

- Plant after frost have passed
- Remove in the fall to save for the following year

HOW TO HARVEST

- Harvest flowers when the bloom is fully open.
- Cut flower off the stem where it begins to branch
- Collect the flowers in the morning to avoid water loss
- Remove “petals”, rinse thoroughly, and use either fresh or dried

USES

- Garnishes, salads, teas, baked goods

LIGHT PREFERENCES

- Full Sun

PLANT SPACING

- 18-24” apart

FLOWERING PERIOD

- June through October



Dahlia sp.



Growing Edible Flowers

Dianthus

FLAVOR NOTES

- Sweet clove

USES

- Garnishes, salads, teas, baked goods, frozen treats

SEEDING TIMES

- Indoors: 8 weeks before last frost
- Direct sow: 12 weeks before last frost

LIGHT PREFERENCES

- Part Shade to Full Sun

PLANT SPACING

- 12-18" apart

FLOWERING PERIOD

- June through August

HOW TO HARVEST

- Harvest flowers when the bloom is fully open.
- Cut flower off the stem where the stem begins to branch
- Collect the flowers in the morning to avoid water loss
- Remove petals, rinse thoroughly, and use either fresh or dried



Dianthus sp.

Not all species are edible!



Growing Edible Flowers

Violas

FLAVOR NOTES

- Floral, leafy, sweet

USES

- Garnishes, salads, teas, baked goods, frozen treats

SEEDING TIMES

- Indoors: 6-8 weeks in early spring
- Direct sow: Late July for spring blooms

LIGHT PREFERENCES

- Partial sun

PLANT SPACING

- 18-24" apart

FLOWERING PERIOD

- April through October

HOW TO HARVEST

- Harvest flowers when the bloom is fully open.
- Cut flower off the stem where the stem begins to branch
- Collect the flowers in the morning to avoid water loss
- Rinse and serve as a whole flower without stem or separate petals depending on the recipe



Viola sp.

Not all species are edible!



Growing Edible Flowers

Snapdragons

FLAVOR NOTES

- Leafy, sweet, slightly bitter

USES

- Garnishes, salads, teas

SEEDING TIMES

- Indoors: 8 weeks before last frost
- Direct sow: : 6 weeks before last frost

LIGHT PREFERENCES

- Part shade to full sun

PLANT SPACING

- 6-12" apart

FLOWERING PERIOD

- June through October

HOW TO HARVEST

- Harvest flowers when the bloom is fully open.
- Pinch inflorescence off where stem begins to branch
- Collect the flowers in the morning to avoid water loss
- Remove individual flowers off the inflorescence and pull off petals
- Remove petals, rinse thoroughly, and use either fresh or dried



Antirrhinum majus

Growing Edible Flowers

Buzz Buttons

FLAVOR NOTES

- Citrus, spicy

SEEDING TIMES

- Indoors: 6 weeks before last frost
- Direct sow: : 2 weeks before last frost

PLANT SPACING

- 18-24" apart
- This is a spreading plant

HOW TO HARVEST

- Harvest flowers when the floral structure has fully expanded
- Cut flower off the stem where it begins to branch
- Collect the flowers in the morning to avoid water loss
- Rinse the flower and remove all stem material
- Serve fresh or dried depending on the recipe

USES

- Beverages, desserts, frozen treats
- Produces a temporary tingling and numbing sensation

LIGHT PREFERENCES

- Part shade to full sun

FLOWERING PERIOD

- June through October



Acmella oleracea

Growing Edible Flowers

Coneflower

FLAVOR NOTES

- Earthy, floral

USES

- Garnishes, salads, teas, baked goods

SEEDING TIMES

- Indoors: 8 weeks before last frost
- Direct sow: Late fall for spring blooms

PLANT SPACING

- 18-24" apart

LIGHT PREFERENCES

- Part shade to full sun

FLOWERING PERIOD

- July through September

HOW TO HARVEST

- Harvest florets when the bloom is fully open
- Cut flower off the plant stem where it begins to branch
- Collect the flowers in the morning to avoid water loss
- Remove the petals from the cone, rinse, and serve either dried or fresh depending on the recipe



Echinacea purpurea

Growing Edible Flowers

Cornflower

FLAVOR NOTES

- Floral, cucumber, hint of clove

USES

- Garnishes, salads, teas, baked goods

SEEDING TIMES

- Indoors: 4 weeks before last frost
- Direct sow: 2 weeks before last frost

LIGHT PREFERENCES

- Part shade to full sun

PLANT SPACING

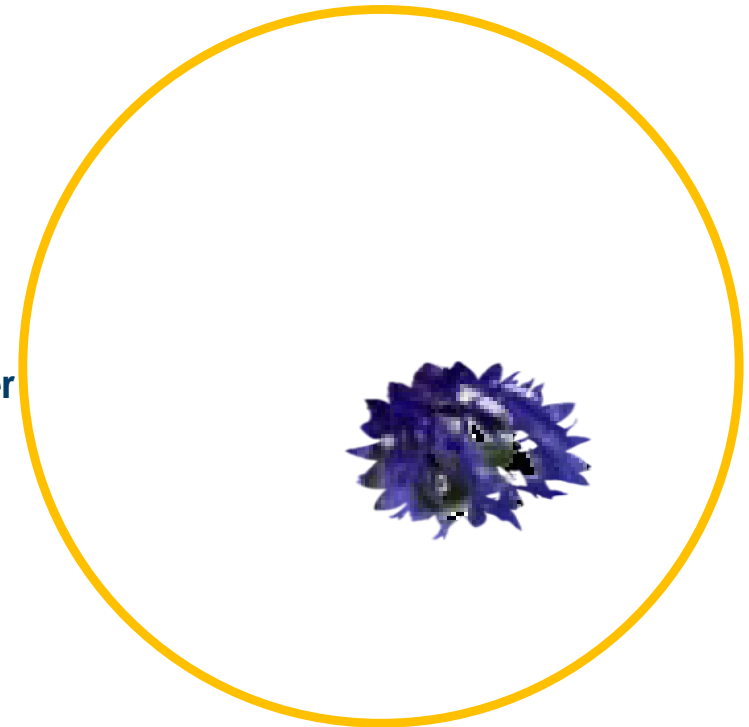
- 8-12" apart

FLOWERING PERIOD

- June through September

HOW TO HARVEST

- Harvest florets when the bloom is fully open
- Cut flower off the plant stem where it begins to branch
- Collect the flowers in the morning to avoid water loss
- Remove petals, rinse thoroughly, and use either fresh or dried depending on the recipe



Centaurea cyanus



Growing Edible Flowers

Marigold

FLAVOR NOTES

- Citrus, peppery, slightly bitter

USES

- Garnishes, salads, teas, baked goods

SEEDING TIMES

- Indoors: 4 weeks before last frost
- Direct sow: 2 weeks before last frost

LIGHT PREFERENCES

- Full sun

PLANT SPACING

- 18-24" apart

FLOWERING PERIOD

- May through October

HOW TO HARVEST

- Harvest flowers when the bloom is fully open
- Cut flower off the plant stem where it begins to branch
- Collect the flowers in the morning to avoid water loss
- Remove petals, rinse thoroughly, and use either fresh or dried depending on the recipe



*Tagetes sp.**

Not all species are edible



Growing Edible Flowers

Nasturtium

FLAVOR NOTES

- Watercress, peppery, floral

USES

- Garnishes, salads, savory dishes, sauces

SEEDING TIMES

- Indoors: 4 weeks before last frost
- Direct sow: 2 weeks before last frost

PLANT SPACING

- 8-12" apart

HOW TO HARVEST

- Harvest flowers when the bloom is fully open
- Cut flower off the plant stem where it begins to branch
- Collect the flowers in the morning to avoid water loss
- Remove petals, rinse thoroughly, and use fresh*
 - They do not dry well

LIGHT PREFERENCES

- Full sun

FLOWERING PERIOD

- July through August



Tropaeolum majus

Growing Edible Flowers

Calendula

FLAVOR NOTES

- Tangy, peppery

SEEDING TIMES

- Indoors: 4 weeks before last frost
- Direct sow: 2 weeks before last frost

PLANT SPACING

- 12-18" apart

HOW TO HARVEST

- Harvest flowers when the bloom is fully open
- Cut flower off the plant stem where it begins to branch
- Collect the flowers in the morning to avoid water loss
- Remove petals, rinse thoroughly, and use either fresh or dried depending on the recipe

USES

- Teas, salads, baked goods, savory dishes

LIGHT PREFERENCES

- Full sun

FLOWERING PERIOD

- June through August



Calendula officinalis



Growing Edible Flowers

Borage

FLAVOR NOTES

- Cucumber

USES

- Garnishes, teas, salads, savory dishes

SEEDING TIMES

- Indoors: 6 weeks before last frost
- Direct sow: 4 weeks before last frost

PLANT SPACING

- 12-18" apart

HOW TO HARVEST

- Harvest flowers when the bloom is fully open
- Cut flower off the stem where it begins to branch
- Collect the flowers in the morning to avoid water loss
- Serve as a whole flower without stem or separate petals depending on the recipe

LIGHT PREFERENCES

- Partial shade to full sun

FLOWERING PERIOD

- June through July



Borago officinalis



Acknowledgments



"This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number G227-25-WA509 through the Western Sustainable Agriculture Research and Education program under project number [reference your Western SARE project number]. USDA is an equal opportunity employer and service provider. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture."



We also acknowledge our cooperator, Dandelion Farms, for the on-site field trial space and resources.

Also, our gratitude to the CSU Office of Extension and Engagement, Horticulture and Landscape Architecture, and the College of Agricultural Sciences and Engagement for their support.



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