
















A PAIR & A SPARE

Guide to Edible Flowers

			
Rose Sweet undertones Ranges from fruity to spicy	Apple Blossom Tart & citrus-sour flavour	Pansy Sweet and grassy	Tulip Similar taste to sweet lettuce and baby peas
			
Lilac Floral, Bitter lemony taste	Nasturtium Blossoms: Sweet & spicy Leaves: Peppery tang	Hibiscus Cranberry-like flavour Tart & citrus overtones	Dandelion Young: Sweet, Honey-like flavour Mature: Earthy, Nutty, Bitter
			
Lavender Sweet, floral, citrus flavour Hints of mint and rosemary	Saffron Intense flavor Ranging from bitter to sweet	Viola Sweet, perfumed flavour	Dianthus Pleasant spicy, floral flavour Light clove-like taste
			
Elderflower Floral, Vanilla-like flavour	Marigold Pleasantly bitter, Citrus-like flavour	Daisy Mildly bitter flavour	Daylily Slightly sweet Vegetable-like flavour

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Farming Secrets says: Add these into your salads for more nutrient diversity

Ref: apairandaspreddy.com