

Everything HERBAL by Cheryl Jabz

SCAN ME



RECIPES, TIPS &
HERBAL INSPIRATION

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Edible Flowers for Ice Cube Making

Add beauty, flavor and wellness to your drinks,
recipes and ice cubes!

Rose



Flavor: light, floral,
slightly sweet

Use: ice cubes, teas,
syrops, desserts

Tip: remove bitter
white base of petals

Nasturtium



Flavor: peppery,
like arugula

Use: savory dishes,
salads, herb cubes

Both flowers and
leaves are edible

Hibiscus



Flavor: tart,
cranberry-like

Use: iced teas, bright
red ice cubes, syrups

Very popular in
herbal drinks

Calendula



Flavor: peppery,
slightly spicy (like
saffron substitute)

Use: soups, rice, herbal
butters, ice cubes

Bonus: bright golden-
orange color

Lavender



Flavor: floral,
slightly minty

Use: lemonade,
baked goods, syrups

Use sparingly
(strong flavor)

Borage



Flavor: mild
cucumber-like taste

Use: ice cubes,
summer drinks,
garnishes

Beautiful blue star-
shaped flowers

Viola (Pansies & Violets)



Flavor: mild, slightly
sweet or grassy

Use: floating ice cubes,
cakes, cocktails

One of the safest and
most popular edible flowers

Chamomile



Flavor: apple-like,
soothing

Use: teas, calming
ice cubes, desserts

Great for bedtime
herbal blends

Squash Blossom



Flavor: delicate,
slightly squash-like

Use: stuffed, fried,
or chopped into
dishes

Best eaten fresh



IMPORTANT SAFETY TIPS: Only use flowers labeled edible or culinary grade. ~ Avoid flowers from florists (often treated with chemicals). ~ Never eat unknown wild flowers unless 100% identified. ~ Introduce small amounts first (some people are sensitive).



REAL INGREDIENTS • SIMPLE RECIPES • EVERYDAY WELLNESS

Bringing Herbs to Life, Naturally. ♥

www.EverythingHerbalbyCherylJabz.com

