

EVERYTHING

Herbal

by
Cheryl Jabz

Edible Flowers for Salads



Edible flowers add beauty, color, and light flavor to salads while creating a fresh garden-inspired presentation.

POPULAR EDIBLE FLOWERS

- Nasturtiums – peppery and vibrant
- Pansies – mild and colorful
- Calendula – bright and slightly tangy
- Viola – delicate and pretty
- Borage petals – light cucumber-like taste
- Lavender – use in small amounts

IMPORTANT SAFETY TIPS



Always use flowers that are pesticide-free, properly identified, and confirmed edible.

Avoid florists' flowers or unknown garden flowers unless you know they are safe to eat.

Wash gently before using.

Herbal Tip

Try sprinkling petals over mixed greens, pasta salad, cucumber salad, or fruit salad for a beautiful herbal touch.



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