



10 EDIBLE FLOWERS

BIG IDEA: Flowers look good, taste good, and are good for you!

OBJECTIVE: *Students will learn about the medicinal qualities of many herbs.*

This lesson is adapted from the FoodPrints curriculum. [FoodPrints Anywhere](#) has videos, guides, and activities that you can do at home, including this [Flower Scavenger Hunt](#). To learn more about the FoodPrints program and access the full curriculum, including instructional videos, visit freshfarm.org/foodprints.

VOCABULARY

- **MEDICINAL** something used to cure disease or relieve pain
- **HERB** any plant with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume

MATERIALS

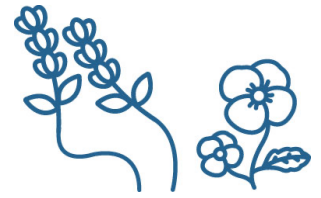
- Scissors
- Twine

ENGAGE: *The engage section is designed to activate students' prior knowledge and experiences, pique their interest, and build curiosity.*

This is the last stop on the tour of the Farm. Give students time to quietly look and appreciate the flowers they see growing here. Ask students to share what they notice, emphasizing some of what they have learned during the farm visit.

Ask students:

- Do you see any pollinators? What are they doing?
- Can you identify the different plant parts?
- Do these flowers look like they are healthy and thriving?
- What smells, colors, sounds do you notice?



EXPLORE: *These hands-on and minds-on investigations offer an opportunity for students to further explore the Big Idea of the lesson.*

INVESTIGATION 1:

FLOWER SUPERPOWERS. Share with students that flowers have superpowers! Explain that herbs, including flowers, are not only beautiful, but have a long history of being used both for flavoring and for their medicinal value.

The Aztecs used marigolds in their religious ceremonies and as a medicine to treat hiccups. In Peru, nasturtiums added a spicy flavor to dishes. Use the attached chart for students to learn more about the flowers in the garden.

INVESTIGATION 2:

MAKE A BOUQUET. Invite students to choose 4–5 different flowers for a bouquet. Show students how to cut the flower at the base of its stem to protect the plant and allow it to continue growing. Students can take these home and make a tea, add them as a topping to their meal, or press the flowers so they last longer.

EVALUATE AND CLOSE: *Before moving on to the next station, please take a few moments to have students reflect on what they have learned.*

- What is something you learned today? Is there anything you would like to try at home?
- What questions do you still have about the farm?



EDIBLE FLOWERS AT THE JK COMMUNITY FARM

These are some of the flowers you may find in the Edible Flowers garden. Use your 5 senses to describe the flower, including its taste!

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| <p>Borage blossoms and leaves have a cool, faint cucumber taste.</p> | <p>Pansies have a subtle flavor so you can use them in a variety of dishes.</p> | <p>Sunflowers have a nutty flavor that is tasty in salads.</p> | <p>Marigolds have a citrus flavor and can be used as a substitute for saffron.</p> |
| <p>Basil is a popular herb in the mint family that is used in Italian, Thai, Indonesian, and Vietnamese cuisine.</p> | <p>Lavender is known for its calming effects. It is a great addition to baked goods, syrups, and herbal teas.</p> | <p>Nasturtium has brightly colored blossoms and adds a peppery flavor to dishes. It can also be used to relieve cold symptoms.</p> | <p>Poppies are often used for pain relief.</p> |
| <p>Wild Violets are helpful with coughs and colds. When made into tea, it can turn from purple to pink if you add lime.</p> | <p>Spilanthes is known as the “toothache plant” as it provides a numbing effect which helps with pain relief</p> | <p>Dandelions are used to stimulate appetite and help digestion.</p> | <p>Chamomile is often used in teas. It helps induce sleep.</p> |

Note: Consuming edible flowers at the JK Community Farm is safe because we do not use chemicals. Be sure to check about the safety of eating flowers at other gardens. Always ask permission from an adult before eating any flowers.