



10 EDIBLE FLOWERS

Flowers look good, taste good, and are good for you!

3RD–5TH GRADE

Learn about all the superpowers that flowers have.

1. GET STARTED

This is our final stop on our tour of the farm and a good opportunity to review what we’ve learned. Walk around the flower garden and take time to observe what you see.

- ▶ **Pollination:** Do you see any pollinators? What are they doing?
- ▶ **Plant Parts:** Look carefully at the plants – can you see their different parts? (leaf, stem, etc.)?
- ▶ **Plant Survival:** Do the plants look like they are healthy and thriving?
- ▶ **5 Senses:** What smells, colors, sounds do you notice?

2. DIVE IN

Did you know that flowers are not only beautiful, but have a long history of being used as medicine and flavoring? The Aztecs used marigolds in their religious ceremonies and as a medicine to treat hiccups. In Peru, Nasturtiums added a spicy flavor to dishes. Let’s learn about all they can do for us!

The chart below lists some of the flowers you might find in our Edible Flowers Garden along with their superpowers. There is an activity to accompany the chart in the resource book. These flowers can be tasted straight out of the garden, or can also be eaten on salads, jellies, jams, herb butters and teas. Herbal teas are often made to mix the benefits of multiple flowers, kind of like a superpower potion!

- ▶ Walk around the garden and choose a flower you would like to taste.
- ▶ Gently pick off the flower bud and then use your other senses—touch, sight, smell and hearing to explore the flower.
- ▶ To taste the flower, eat just a few of the petals. Remove the interior (anthers and pistils) first because they are often quite bitter. What is the flavor of the flower? Does it remind you of anything you have tasted before?

Note: It is safe to eat edible flowers at The JK Community Farm because we do not use chemicals. Always ask permission from an adult before eating any flowers.

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

3. LEARN MORE

Did you know that broccoli and cauliflower are actually flowers? Try FRESHFARM’s [Broccoli Pasta](#) or [Cauliflower “Popcorn”](#) for an easy way to try more flowers at home!

FIELD TRIP MAP

parking lot



1 HUMAN SUNDIAL

picnic tables



2 GREENHOUSES



3 RAISED BEDS



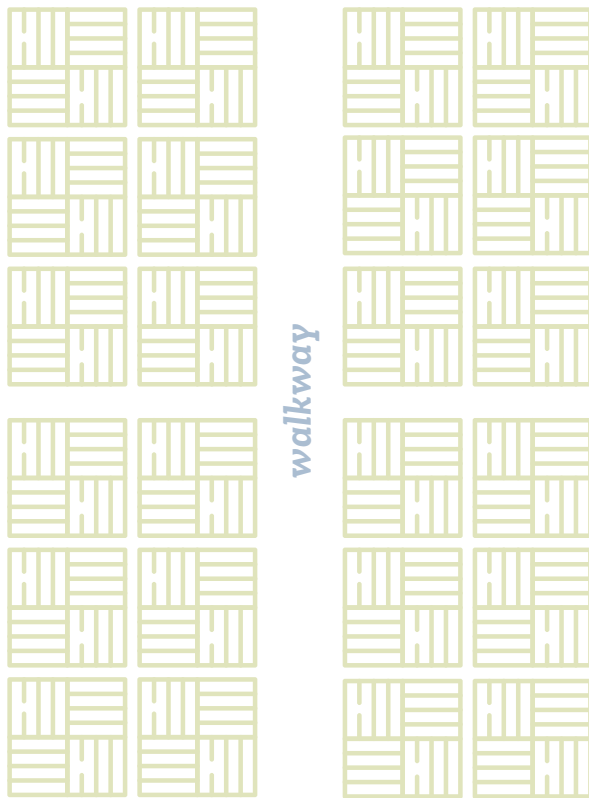
4 "APIARY" BEE HIVES



5 THREE TIER COMPOST SYSTEM



6 BLUEBIRD TRAIL STARTING POINT



7 BEE HOTEL



10 EDIBLE FLOWERS



9 SENSORY FOOTPATH



8 POLLINATOR HABITAT