



# 10 EDIBLE FLOWERS

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

PK–2ND GRADE

*Learn about the superpowers that flowers have.*

## 1. GET STARTED

This is the final stop on our tour of the farm. Let’s take a moment to look and appreciate the flowers we see growing here, and review what we have learned.

- ▶ Do you see any **pollinators**? What are they doing?
- ▶ Look carefully at a plant—can you see its different parts (**leaf, stem, flower**)?
- ▶ Does it look **healthy and thriving**?

## 2. DIVE IN

Did you know that flowers are not only beautiful but also have superpowers? The chart below has some of the flowers you might find here. You can learn more about these flowers with the chart in your resource book.

- ▶ 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, try a few of the petals. How do they taste?

**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	Pansies	Sunflowers	Marigolds
Basil	Lavender	Nasturtium	Poppies
Wild Violets	Spilanthes	Dandelions	Chamomile

## 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! Another way to enjoy the beauty of flowers is to follow FoodPrints’ [Flower Scavenger Hunt](#).

# FIELD TRIP MAP

parking lot



1 HUMAN SUNDIAL

picnic tables



2 GREENHOUSES



3 RAISED BEDS



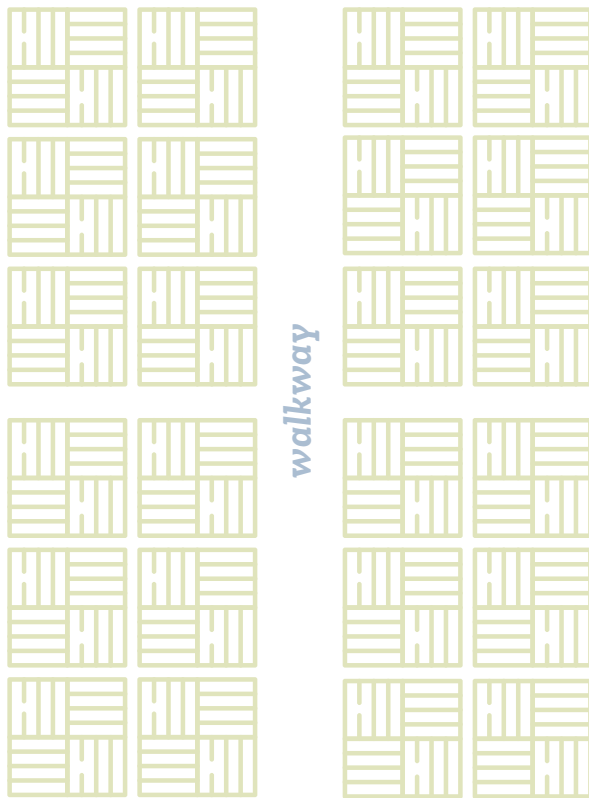
4 "APIARY" BEE HIVES



5 THREE TIER COMPOST SYSTEM



6 BLUEBIRD TRAIL STARTING POINT



7 BEE HOTEL



10 EDIBLE FLOWERS



9 SENSORY FOOTPATH



8 POLLINATOR HABITAT