

FLOWER TEA PARTY

TOP TIP!

Not ALL the flowers in our gardens are edible, so it is best to check with a grown-up first!

EDIBLE FLOWERS IN YOUR GARDEN:

Planting a flower patch in your garden is a great way to invite butterflies and bees for pollination. An added bonus is planting flowers that you can also eat! Find a perfect spot for your patch and get planting! After a couple weeks or months, it'll be time to get picking!



HEARTSEASE PANSY

Perfect decoration on a pastry and has a beautiful musky taste.



ROCKET

Even vegetables have great flowers and the rocket flowers have a peppery taste.



MARIGOLD

Great orange flowers and a citrusy zing! Great in a summer salad.



NASTURTIUM

You can eat all of this plant... the petals, the leaves and even suck out the nectar!



SALVIA

Although the flowers aren't super tasty, the nectar inside is like sucking on a lollipop!



CALENDULA

The petals are the superstar of this edible flower. They go great as food decorations.