



629 Commercial Street (Route1)  
PO Box 374 Rockport, ME 04856  
Tel 207-594-7754 Fax 207-594-8510 [info@plants-unlimited.com](mailto:info@plants-unlimited.com)

## Edible flowers

Edible flowers and petals make a pretty addition to salads and are lovely frozen in ice cubes. Once you correctly identify the plant, why not try:

Apple blossom	Mint
Allium/Chive	Nasturtiums
Amaranthus	Orach
Arugula/Rocket	Pansy/viola
Begonia (Wax/tuberous)	Pea
Borage	Pink/Dianthus
Calendula	Rose
Chamomile	Scarlet runner bean
Chervil	Scented geranium
Cilantro/Coriander	Snapdragons
Clover	Spinach
Day lily	Squash blossom
Dill	Sunflower
Fuschia	Sweet woodruff
Impatiens	Tarragon
Kale	Violet
Lavender	

## Common TOXIC plants and flowers

Make sure you keep these well away from your food. This is NOT a complete list, but gives an idea of how many things are risky. **When in doubt, DON'T.**

Anemone	Crocus (autumn)
Angel's trumpet ( <i>Brugmansia spp.</i> )	Daffodil (bulb)
Azalea	Deadly nightshade ( <i>Atropa belladonna</i> )
Buttercups	Devil's ivy/ Pothos ( <i>Epipremnum aureum</i> )
Calla lily	Foxglove ( <i>Digitalis</i> )
Calotropis	Holly berry
Castor bean ( <i>Ricinus communis</i> )	Hyacinth (bulb)
Chinese lantern	Iris
Clematis	Jack in the pulpit



629 Commercial Street (Route1)  
PO Box 374 Rockport, ME 04856  
Tel 207-594-7754 Fax 207-594-8510 [info@plants-unlimited.com](mailto:info@plants-unlimited.com)

Jerusalem cherry (*Solanum pseudocapsicum*)  
Lantana  
Lily of the valley (all parts of the plant)  
Lobelia  
Mistletoe  
Monkshood  
Moonseed  
Morning glory (some species, so best avoided)  
Oleander (*Nerium oleander*)  
Periwinkle (*Catharanthus rosea/Vinca rosea*)  
Philodendron  
Pokeweed (*Phytolacca americana*) (if  
inappropriately prepared, so best avoided)

Poppy  
Primrose  
Rhubarb leaves  
Ranunculus  
Rosary pea (*Abrus precatorius*)  
Sweet pea  
Tobacco (*Nicotiana tabacum*)  
Water hemlock (anything in the *Cicuta* genus)  
White snakeroot/Jequirity bean (*Ageratina  
altissima*)  
Wisteria  
Yew

**Remember:** Common plants (including human foods) are lethally toxic to pets, so even if you can eat it, your cat, dog, horse, etc should not.