

T.K. Lim

# Edible Medicinal And Non-Medicinal Plants

Volume 7, Flowers

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 Springer

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## Introduction

This book continues as volume 7 of a multi-compendium on *Edible Medicinal and Non-Medicinal Plants*. It covers plants with edible flowers whose floral parts including the stalk and flower nectar are eaten as conventional or functional food, as spice, and may provide a source of food colourant, additive or nutraceuticals. According to Health Canada (2002), a *functional food* is similar in appearance to, or may be, a conventional food that is consumed as part of a usual diet and is demonstrated to have physiological benefits and/or reduce the risk of chronic disease beyond basic nutritional functions, i.e. they contain bioactive compound. A *nutraceutical* is a product isolated or purified from foods that is generally sold in medicinal forms not usually associated with foods and is demonstrated to have a physiological benefit or provide protection against chronic disease. Biologically active components in functional foods that may impart health benefits or desirable physiological effects include the following: carotenoids ( $\beta$ -carotene, lutein, lycopene), dietary fibres ( $\beta$ -glucans, soluble fibre), fatty acids (omega fatty acids, conjugated linoleic acid), flavonoids (anthocyanins, flavanols, flavanones, flavonols, proanthocyanidins), isothiocyanates, phenolic acids, plant sterols, polyols and prebiotics/probiotics (fructooligosaccharides—inulin), vitamins and phytoestrogens (isoflavones—diadzein, genistein). Many plants with edible flowers contain many of these bioactive components and essential mineral elements (Mlcek and Rop 2011; Rop et al. 2012), carbohydrates and amino acids in the flowers and

other plant parts, imparting a wide array of health benefits and pharmacological properties. According to the Global Industry Analyst Inc., global nutraceuticals market is anticipated to exceed US 243 billion by 2015 (GIA 2012). The United States, Europe and Japan dominate the global market, accounting for a combined market share of more than 85 %. Spurred by the growing affluence, rising disposable income and increasing awareness, particularly in China and India, the Asia-Pacific region is projected to see significant growth in the long term. Functional foods that constitute the faster growing segment in the nutraceuticals market are rising in popularity, as the segment offers a cheaper alternative to dietary supplements. Value-added food products that feature edible flowers offer additional marketing opportunities.

This volume covers selected plant species with edible flowers from families Acanthaceae to Facaceae in a tabular form (Table 1) and 75 such species from the families Amaryllidaceae, Apocynaceae, Asclepiadaceae, Asparagaceae, Asteraceae, Balsaminaceae, Begoniaceae, Bignoniaceae, Brassicaceae, Cactaceae, Calophyllaceae, Caprifoliaceae, Caryophyllaceae, Combretaceae, Convolvulaceae, Costaceae, Doryanthaceae and Fabaceae in detail. Some plants with edible flowers, but are better known for their edible fruits, have been covered in earlier volumes and for other non-floral parts will be covered in subsequent volumes. Other plants with edible flowers from the family Geraniaceae to Zygophyllaceae will be covered in volume 8. The edible flower

**Table 1** Plants with edible flowers in the families Acanthaceae to Fagaceae

Scientific name	English/common vernacular name	Flower edible uses	References
<b>Acanthaceae</b>			
<i>Adhatoda vasica</i> Nees	Malabar nut	Flowers are eaten	Sawian et al. (2007)
<i>Beloperone californica</i> Benth.	Red Justicia, Chuparosa	Red flowers are eaten raw or cooked	Clarke (1977), Facciola (1990)
<i>Justicia adhatoda</i> L.	Malabar Nut; Boga Bahak (Assamese); Nongmangkha Angoutha (Manipur)	Flowers are eaten fried in Assam	Patiri and Borah (2007), Yumnum and Tripathi (2012)
<i>Phlogacanthus curviflorus</i> (Wallich) Nees	Dhapa Tita (Assamese)	Young inflorescences and flowers are eaten as vegetables in Assam	Patiri and Borah (2007), Medhi and Borthakur (2012)
<i>Phlogacanthus thyrsoformis</i> (Roxb. ex Hardow) Mabb.	Ronga Bhahak, Titaphul, Titabahak (Assamese); Nongmankha (Manipur)	Flowers are bitter in taste and eaten as roasted vegetable by covering with banana leaf. Sometimes flowers are kept dried for future use. In Manipur, the people use the flowers in a dish called 'kangngou', a dry-fried dish. Another popular dish is 'sumtak', a bitter-tasting dish in which the flowers are fried in oil with small fish	Patiri and Borah (2007), Hauzel (2012)
<i>Phlogacanthus tubiflorus</i> Nees		Dry/fresh inflorescences eaten in Assam	Medhi and Borthakur (2012)
<i>Rhinacanthus nasutus</i> (L.) Kurz.	Snake Jasmine; Thong Phan Chang (Thai)	Flowers reported edible	Wongwattanasathien et al. (2010)
<i>Strobilanthes scaber</i> Nees	Raspatia (Assamese); Sam Siphra (Meghalaya)	Flowers are commonly eaten by the Garo communities in assam and in Meghalaya	Patiri and Borah (2007)
<b>Adoxaceae</b>			
<i>Sambucus calllicarpa</i> Greene = <i>Sambucus racemosa</i> var. <i>arborescens</i> (Torr. & A. Gray) A. Gray	Red Coast Elder	Flowers are eaten raw or cooked	Huxley et al. (1992), Fern (1992–2003)
<i>Sambucus canadensis</i> L.	American Elder, Canadian Elderberry	Flowers are dried and used for tea	Fernald et al. (1958), Facciola (1990), Barash (1997), Lauderdale and Evans (1999), McCullough (2007)
<i>Sambucus cerulea</i> Raf. = <i>Sambucus nigra</i> var. <i>cerulea</i> (Raf.) B.L. Turner	Blue Elderberry	Blossoms added to pancake to lighten batter and add flavour, used in tea and muffins	Barash (1997), Schofield (2003)
<i>Sambucus gaudichaudiana</i> DC.	White Elderberry	Flowers are eaten raw or cooked	Wikipedia (2012)

<i>Sambucus glauca</i> Nutt. = <i>Sambucus cerulea</i> Raf.	Blue Elderberry, Blue Elder	Blossoms added to pancake to lighten batter and add flavour, also ingredient for cakes and waffles. Dried flowers can be ground and added to baking mixes and flour. Also used for elder fritters	Schofield (2003)
<i>Sambucus javanica</i> Reinw. ex Blume	Chinese Elder	Flowers are eaten raw or cooked	Facciola (1990)
<i>Sambucus melanocarpa</i> A. Gray = <i>Sambucus racemosa</i> var. <i>melanocarpa</i> (A. Gray) McMinn	Black Elder	Blossoms added to pancake to lighten batter and add flavour, also ingredient for cakes and waffles. Dried flowers can be ground and added to baking mixes and flour. Also used for elder fritters	Schofield (2003)
<i>Sambucus mexicana</i> auct. = <i>Sambucus cerulea</i> Raf.	Mexican Elder	Flowers eaten raw or cooked. Flower clusters dipped in batter, fried and sprinkled with sugar. Flowers shaken from stem to add flavour to pancakes, muffins and cakes	Uphof (1968), Clarke (1977), Facciola (1990)
<i>Sambucus microbotrys</i> Rydb. = <i>Sambucus racemosa</i> var. <i>microbotrys</i> (Rydb.) Kearney and Peebles	Red Elder	Flowers eaten raw or cooked	Kunkel (1984), Moerman (1998)
<i>Sambucus nigra</i> L.	Elderberry	Flowers fried in fritters, blossom eaten as sweet fritter or added to steamed fruit, jams, jellies, vinegar, make into elderflower wine, sparkling champagne. Blossoms added to pancake to lighten batter and add flavour, also ingredient for cakes and waffles. Dried flowers can be ground and added to baking mixes and flour. Also for elder fritters	MacNicol (1967), Hedrick (1972), Cribb and Cribb (1975), Tanaka (1976), Low (1989), Facciola (1990), Garland (1993), Burnie and Fenton-Smith (1996), Schofield (2003)
<i>Sambucus pubens</i> Michx. = <i>Sambucus racemosa</i> subsp. <i>pubens</i> (Michx.) House	American Red Elder	Blossoms added to pancake to lighten batter and add flavour	Schofield (2003)
<i>Sambucus racemosa</i> subsp. <i>kamischaitica</i> (E.L. Wolf) Hulten	Red Elder	Blossoms added to pancake to lighten batter and add flavour	Schofield (2003)
<i>Sambucus racemosa</i> L.	Red Elder	Blossoms added to pancake to lighten batter and add flavour	Schofield (2003)
<i>Sambucus sieboldiana</i> (Miq.) Blume ex Graebn.	Elderberry	Buds boiled and eaten as vegetables or used as substitute for tea	Tanaka (1976)
<i>Viburnum edule</i> Raf.	Mooseberry, Highbush Cranberry	Flowers added to pancake and cake batters. Blossoms can also be batter-dipped and fried	Schofield (2003)

(continued)



Table 1 (continued)

Scientific name	English/common vernacular name	Flower edible uses	References
<i>Viburnum trilobum</i> Marshall	American Cranberrybush Viburnum, American Cranberrybush, Kalyna, Highbush, Highbush Cranberry	Flowers can be mixed with pancake or muffin batter or can be made into fritters	Deane (2007–2012u)
Aizoaceae			
<i>Carpobrotus delictosus</i> (L. Bolus) L. Bolus	Sweet Hottentot Fig, Pigface	Edible flowers, also fruits and leaves (pickled)	King (2007)
<i>Carpobrotus edulis</i> (L.) N.E.Br.	Hottentot Fig, Ice Plant	Edible flowers, also fruits and leaves (pickled)	King (2007)
<i>Carpobrotus glaucescens</i> (Haw.) Schwantes	Coastal Noon Flower, Pigface	Pink flowers eaten, also fruits and leaves (pickled)	King (2007)
Alismataceae			
<i>Limnocharis flava</i> (L.) Buchenau	Yellow Burhead	Young unopened inflorescence and peduncle eaten	Ochse and van den Brink (1980), Tanaka and Nguyen (2007), van den Bergh (1994)
<i>Sagittaria latifolia</i> Willd.	Wapato, Duck Potato, Indian Potato	White flowers edible	Deane (2007–2012f)
Amaranthaceae			
<i>Alternanthera sessilis</i> (L.) R.Br. ex DC.	Dwarf Copperleaf, Sessile Joyweed; Chuk-Tsit-Tsoi (Chinese)	Flowers are eaten in China	Facciola (1990), Uphof (1968), Tanaka (1976)
<i>Amaranthus cruentus</i> L.	Blood Amaranth, Purple Amaranth, Red Amaranth	Flowers are used to colour ceremonial maize bread in Guatemala	Facciola (1990)
<i>Amaranthus quitensis</i> Kunth	Ataco, Sangorache	Red inflorescences—source of dye used for colouring chicha and ceremonial maize dishes	Kunkel (1984), Facciola (1990)
<i>Amaranthus</i> sp. ( <i>Amaranthus cruentus</i> × <i>Amaranthus powelli</i> )	Hopi Red Dye Amaranth	Water extract of flower clusters used to colour the pink maize wafer bread	Facciola (1990)
<i>Amaranthus viridis</i> L.	Green Amaranth, Slender Amaranth	Leaves, leafy stem and flower cluster used as spinach substitute.	Tanaka (1976), Cribb and Cribb (1987), Kunkel (1984), Ochse and van den Brink (1980), Facciola (1990)
<i>Atriplex canescens</i> (Pursh.) Nutt.	Four-Wing Salt Bush, Grey Sage Bush	Yellow flowers edible	Wilson (2012)
<i>Atriplex</i> spp.	Salt Bush	All parts including flowers are edible	McCullough (2007)
<i>Celosia argentea</i> L.	Plumed Cockscomb, Quailgrass, Soko	Leaves, stem and young inflorescences steamed and eaten as potherb or finely cut and used in soups	Dalziel (1937), Ochse and Bakhuizen van den Brink (1980), Facciola (1990)
<i>Celosia cristata</i> L. = <i>Celosia argentea</i> var. <i>cristata</i> (L.) Kuntze	Toreador Cockscomb; Maendrami Hwajeon (Korean)	Flowers used in 'hwajeon' cake in Korea	Anonymous (2012b)
<i>Chenopodium album</i> L.	Fat Hen	Young inflorescences are cooked	Fernald et al. (1958), Facciola (1990)

<i>Chenopodium bonus-henricus</i> L.	Good King Henry	Young flower buds are cooked	Organ (1960), Hedrick (1972), Facciola (1990)
<i>Chenopodium cornutum</i> (Torr.) Benth. and Hook.f. ex Watson	Goosefoot	Flowers eaten in Arizona	Yanovsky (1936)
<i>Chenopodium ficifolium</i> Sm.	Fig-Leaved Goosefoot	Flower buds eaten in soups, vegetable dishes, fried, roasted or parboiled and as potherb	Tanaka (1976), Facciola (1990)
<i>Chenopodium nuttalliae</i> Saf. = <i>Chenopodium quinoa</i> Willd.	Quinoa; Huauzontle	Flower clusters eaten cooked, used like broccoli; they are considered a gourmet food	Phillips and Rix (1998), Facciola (1990)
<i>Suaeda maritima</i> (L.) Dumort.	Annual Sea Blite	Green flowers eaten	Maisuthisakul et al. (2008), Maisuthisakul (2012)
Amaryllidaceae			
<i>Allium acuminatum</i> Hook.	Hooker's Onion, Tapertip Onion	Flowers raw, used as a garnish on salads	Moerman (1998), Fern (1992–2003)
<i>Allium aftunense</i> B. Fedtsch.	Ornamental Onion; Kirgisiök (Swedish)	Flowers raw, used as a garnish on salads	Fern (1992–2003)
<i>Allium akaka</i> S. G. Gmel. ex Schult. and Schult. F.	None	Flowers raw, used as a garnish on salads	Fern (1992–2003)
<i>Allium altaicum</i> Pall.	Altai Onion; Songino (Mongolia)	Flowers raw, used as a garnish on salads	Fern (1992–2003)
<i>Allium ampeloprasum</i> var. <i>babingtonii</i> (Borner) Syme = <i>Allium ampeloprasum</i> L.	Babington's Leek, Wild Leek	Flowers raw, used as a garnish on salads. Flowers best used as a flavouring in cooked food	Fern (1992–2003)
<i>Allium ampeloprasum</i> L.	Leek	Flowers raw, used as a garnish on salads	Fern (1992–2003), Sulistiorini and van der Meer (1994)
<i>Allium angulare</i> Pall. = <i>Allium angulosum</i> L.	None	Flowers raw, used as a garnish on salads	Fern (1992–2003)
<i>Allium angulosum</i> L.	Mouse Garlic	Flowers raw, used as a garnish on salads	Fern (1992–2003)
<i>Allium ascalonicum</i> L.	Red Shallots; Hom (Thai)	Young inflorescences eaten	Ochse and van den Brink (1980), Maisuthisakul et al. (2008), Maisuthisakul (2012)
<i>Allium atropurpureum</i> Waldst. and Kit.	Purple-Flowered Onion	Flowers raw, used as a garnish on salads	Fern (1992–2003)
<i>Allium bisceptrum</i> S. Watson	Aspen Onion	Flowers raw, used as a garnish on salads	Fern (1992–2003)
<i>Allium bodeanum</i> auct. = <i>Allium walteri</i> Regel.	None	Flowers raw, used as a garnish on salads	Fern (1992–2003)
<i>Allium bolanderi</i> S. Watson	Bolander's Onion	Flowers raw, used as a garnish on salads	Fern (1992–2003)
<i>Allium brevistylum</i> S. Watson	Short-Style Onion	Flowers raw, used as a garnish on salads	Fern (1992–2003)

(continued)

Table 1 (continued)

Scientific name	English/common vernacular name	Flower edible uses	References
<i>Allium canadense</i> L.	Canadian Garlic	Flowers raw, used as a garnish on salads	Fern (1992–2003)
<i>Allium carinatum</i> L.	Keeled Garlic	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium carolinianum</i> DC.	Jambo-Pharan, Janglee Piyaz, Ladam, Markua	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium cepa</i> L.	Garden Onion, Bulb Onion, Onion, White Onion	Flowers eaten raw, used as garnish on salads; flowers simmered in soups, eaten in salads or dipped in batter and fried as fritters	Schofield (2003), Fern (1992–2003), van der Meer and Leong (1994)
<i>Allium cepa</i> var. <i>aggregatum</i> G. Don	Potato Onion	Young inflorescence and flowers eaten raw; used as a garnish on salads	Fern (1992–2003), Permadi and van der Meer (1994), Maisuthisakul et al. (2008)
<i>Allium cernuum</i> Roth	Nodding Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium chinense</i> G. Don	Rakkyo	Flowers and young seedpods eaten raw; flowers used as a garnish on salads	Read (1946), Fern (1992–2003), van der Meer and Agustina (1994)
<i>Allium condensatum</i> Turcz.	None	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium cupani</i> Raf.	None	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium douglasii</i> Hook.	Douglas' Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium dregeanum</i> Kunth	Wild Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium drummondii</i> Regel	Prairie Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium fistulosum</i> L.	Welsh Onion	Flowers eaten raw, used as garnish on salads	Oyen and Soenoedjji (1994), Fern (1992–2003)
<i>Allium flavum</i> L.	Small Yellow Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium galanthum</i> Kar. and Kir.	None	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium geyeri</i> var. <i>tenerum</i> M.E. Jones	Bulbil Onion, Geyer's Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium giganteum</i> Regel	Giant Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium grayi</i> Regel = <i>Allium macrostemon</i> Bunge	Chinese Garlic, Japanese Garlic, Water Garlic	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium hookeri</i> Thwaites	Hooker Chives	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium kunthii</i> G. Don	Kunth's Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium kurrat</i> Schweinf. Ex K. Krause	Kurrat, Egyptian Leek	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium ledebourianum</i> Schult. and Schult. F.	Giant Siberian Chives; Asatsuki (Japanese)	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)

<i>Allium macleanii</i> Baker	Macllean Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium macropetalum</i> Rydb.	Large Flower Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium macrostemon</i> Bunge	Macrostemon Onion, No-Binu	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium moly</i> L.	Golden Garlic	Flowers eaten raw, have a pleasant onion flavour and used as garnish on salads	Fern (1992–2003)
<i>Allium monanthum</i> Maxim.	Wild Chive; Dan Hua Xie (Chinese); Hime Nira (Japanese)	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium mutabile</i> Michx. = <i>Allium canadense</i> var. <i>canadense</i>	Canada Garlic, Meadow Garlic, Wild Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium neapolitanum</i> Cirillo	Daffodil Garlic	Flowers eaten raw or cooked, excellent in salads	Fern (1992–2003)
<i>Allium obliquum</i> L.	Twisted leaf Garlic, Lopsided Ornamental Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium oleraceum</i> L.	Field Garlic	Flowers eaten raw, used as garnish on salads and as flavouring in soups and stews	Facciola (1990), Fern (1992–2003)
<i>Allium orientale</i> Boisse	Oriental Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium oschaninii</i> O. Fedtisch.	French Gray Shallot	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium paradoxum</i> (M. Bieb.) G. Don	Few-Flowered Leek	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium pendulinum</i> Ten.	Italian Garlic	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium platycaule</i> S. Watson	Flat-Stem Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium porrum</i> L. = <i>Allium ampeloprasum</i> L.	Leek, Garden Leek	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium przewalskianum</i> Regel	Ladakh Onion, Flowering Onion, Przewalski's Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium ramosum</i> L.	Flowering Leek, Fragrant-Flowered Garlic	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium roseum</i> L.	Rosy Garlic	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium rubellum</i> M. Bieb	None	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium rubrum</i> Osterh. = <i>Allium geyeri</i> var. <i>tenerum</i> M.E. Jones	Bulbil Onion, Geyer's Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium ruhrerianum</i> Asch. ex E.A. Durand and Barratte	None	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium sacculiferum</i> Maxim.	None	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)

(continued)

Table 1 (continued)

Scientific name	English/common vernacular name	Flower edible uses	References
<i>Allium sativum</i> L.	Garlic	Flower peduncles used as vegetable	Tanaka (1976), Facciola (1990), Woodward (2000), van der Meer and Permedi (1994)
<i>Allium sativum</i> var. <i>ophioscorodon</i> (Link) Döll	Ophio Garlic, Spanish Garlic	Flower peduncles used as vegetable	Facciola (1990), Fern (1992–2003)
<i>Allium schoenoprasum</i> L.	Garden Chives	Flowers eaten fresh, tossed in salads or made into herb vinegars and butters; flowers simmered in soups, eaten in salads or dipped in batter and fried as fritters; flowers eaten in omelette, cheese and fish dishes or used as garnish	Burnie and Fenton-Smith (1996), Schofield (2003), Tanaka (1976), Facciola (1990), Lauderdale and Evans (1999), Roberts (2000), Newman and O'Connor (2009)
<i>Allium schoenoprasum</i> subsp. <i>sibiricum</i> Hayek and Markgraf = <i>Allium schoenoprasum</i> L.	Garden Chives	The bulb, root, leaves and flowers of most <i>Allium</i> plants are edible, although only the bulbs or leaves are usually consumed, depending on species	Facciola 1990)
<i>Allium scorodoprasum</i> L.	Rocambole	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium scorodoprasum</i> subsp. <i>rotundum</i> (L.) Stearn = <i>Allium rotundum</i> subsp. <i>rotundum</i>	Sand Leek; Ail Arrondi (French)	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium semenovii</i> Regel	Semenov's Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium senescens</i> L.	German Garlic	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium sphaerocephalon</i> L.	Round-Headed Leek, Round-Headed Garlic, Ball-Head Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium splendens</i> Willd. ex Schult. and Schult.f.	Glittering Onion; Miyama-Rakkyo (Japanese)	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium stellatum</i> Nutt. Ex Ker Gawl.	Prairie Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium stipitatum</i> Regel	Persian Shallot	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium stracheyi</i> Baker	Dunna, Pharan (Central Himalaya)	Flowers eaten raw; used as a garnish on salads; used as condiment in Central Himalaya	Laferriere (1992), Fern (1992–2003)
<i>Allium suaveolens</i> Jacq.	Fragrant Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium subhirsutum</i> L.	Hairy Garlic	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium textile</i> A. Nelson and J. F. Macbr.	Textile Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium thunbergii</i> G. Don	Japanese Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)

<i>Allium tricoccum</i> Sol.	Wood Leek	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium triquetrum</i> L.	Angled Onion, Three-Cornered Garlic	Flowers eaten raw; juicy with a mild garlic flavour, they make a tasty and decorative garnish on salads	Fern (1992–2003)
<i>Allium tuberosum</i> Rottler ex Spreng.	Garlic Chives	Inflorescence, flowers, unopened flower buds and flower peduncle used in Asian cooking Chive flowers have a mild onion flavour and are surprisingly crunchy. They are widely used tossed in salads, pasta, omelettes and scrambled eggs. They can be added to white fish dishes or to cheese sauce to give that extra bite	Van der Meer (1994), Facciola (1990), Woodward (2000), Tanaka and Nguyen (2007), Newman and O'Connor (2009), Anonymous (2012a)
<i>Allium unifolium</i> Kellogg	One-Leaved Onion	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium ursinum</i> L.	Wild Garlic	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium validum</i> S. Watson	Pacific Onion, Pacific Mountain Onion, Swamp Onion, Wild Onion,	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium victorialis</i> L.	Alpine Leek	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium wallichii</i> Kunth	Jimbur	Flowers eaten raw, used as garnish on salads	Fern (1992–2003)
<i>Allium x proliferum</i> (Moench) Schrad. ex Willd.	Beltsville Bunching Onion, Egyptian Onion, Top Onion	Inflorescence bulbils, bulbs and leaves used as spice	Siedmann (2005)
<i>Narcissus jonquilla</i> L.	Jonquil	Flowers eaten raw or candied and made into desserts	Crowhurst (1972), Facciola (1990)
<i>Tulbaghia alliacea</i> L.f.	Society Garlic	Flowers regarded as a delicacy by the native Zulu women	Facciola (1990), Newman and O'Connor (2009)
<i>Tulbaghia violacea</i> Harv.	Society Garlic	Flowers eaten raw or cooked; added to salads, used as a garnish or as a flavouring in cooked foods	Facciola (1990), Harris (1975)
Anacardiaceae			
<i>Mangifera indica</i> L.	Mango	Flowers are edible	Facciola (1990)
<i>Pistacia terebinthus</i> L.	Turpentine Tree	Flowers edible raw	Deane (2007–2012w)
<i>Spondias malayana</i> Kostermans	Malaysian Hog-Plum, Malaysian Mombin Plum	Inflorescence used as food flavouring	Jansen (1999)
<i>Spondias mangifera</i> Willd. = <i>Spondias pinnata</i> (L.f.) Kurz	Hog Plum, Malayan Mombin, Amra, Buah Amra	Tender panicles eaten steamed or dressed as salad, sour flowers used as flavouring	Burkill (1966), Ochse and van den Brink (1980), Facciola (1990)
Anthericaceae			
<i>Dichopogon fimbriatus</i> (R.Br.) J.F. Macbride	Nodding Chocolate Lily		Harden (1993)

(continued)

Table 1 (continued)

Scientific name	English/common vernacular name	Flower edible uses	References
<i>Dichopogon stricatus</i> (R.Br.) Baker	Chocolate Lily		Harden (1993)
Apiaceae			
<i>Anethum graveolens</i> L.	Dill	Inflorescences used to flavour pickled cucumbers, onions, vinegar, sauces, gravies, stews, pastries and bread. Flowers added to fish dishes and omelettes or sprinkle over cooked vegetables. Whole flowers are added to pickled gherkins, cucumbers or beetroots	Hedrick (1972), Facciola (1990), Garland (1993), Van den Bergh (1994a, b), Lauderdale and Evans (1999), Newman and O'Connor (2009), Anonymous (2012a)
<i>Angelica archangelica</i> L.	Angelica, Garden Angelica, Holy Ghost, Wild Celery, Norwegian Angelica	Flowers are excellent with fish and the flower stems are especially popular candied; flowers used in pastries, cakes and confectionary	Uphof (1968), Tanaka (1976), Facciola (1990), Deane (2007–2012x)
<i>Anthriscus cerefolium</i> (L.) Hoffm.	Chervil, French Parsley	Flowers used as seasoning	Hedrick (1972), Facciola (1990), Lauderdale and Evans (1999), Newman and O'Connor (2009)
<i>Bumelia bulbocastanum</i> L.	Earth Chestnut, Pignut	Flowers and seeds used as condiment	Uphof (1968), Tanaka (1976), Kunkel (1984), Facciola (1990)
<i>Carum carvi</i> L.	Caraway	Flowers used in salads, peach 'pashka'	Roberts (2000)
<i>Cogswellia nudicaulis</i> M.E. Jones	Barestem Biscuitroot	Flowers used as beverage	Yanovsky (1936)
<i>Coriandrum sativum</i> L.	Coriander	The flowers are as adaptable as the leaves in a variety of different dishes. Flowers are scattered over cauliflower, added to the end of a stir-fry or added to cream cheese. A few flowers are scattered over an orange fruit salad to enhance the flavour. Some dishes include aubergine and coriander lunch dish; leeks, kale and coriander flower soup; green bean and potato salad with coriander flowers	Roberts (2000), Newman and O'Connor (2009), Kaisoon et al. (2011), Anonymous (2012a)
<i>Crothnum maritimum</i> L.	Samphire, Rock Samphire	Raw blossoms used in salad	Deane (2007–2012q)
<i>Cryptotaenia canadensis</i> (L.) DC.	Honewort, Wild Chervil	Young leaves, stems and flowers eaten raw or cooked as potherb	Tanaka (1976), Kunkel (1984), Facciola (1990)
<i>Cryptotaenia japonica</i> Hassk.	Mitsuba, Japanese Honewort, Japanese Parsley	Flowers are edible cooked	Deane (2007–2012p)
<i>Daucus carota</i> L.	Carrot, Queen Anne's Lace, Wild Carrot	The flower clusters can be french fried to produce a carrot-flavoured gourmet's delight	Facciola (1990)
<i>Ferula assa-foetida</i> L.	Asafoetida, Devil's Dung	Immature flower heads eaten fresh	Garland (1993)

<i>Foeniculum vulgare</i> Mill.	Fennel, Sweet Fennel	Flowers used in fruit pies	Barash (1997), Lauderdale and Evans (1999), Roberts (2000), Newman and O'Connor (2009)
<i>Heracleum lanatum</i> Michx.	Cow Parsnip, Indian Celery, Pushki	Young flowers eaten	Yanovsky (1936)
<i>Heracleum maximum</i> Bartr.	Common Cow Parsnip	Flower stalks and leaf petioles peeled and eaten fresh	Perry (1952), Turner et al. (1980)
<i>Heracleum sphondylium</i> subsp. <i>montanum</i> (Schleich. ex Gaudin.) Michx. = <i>Heracleum lanatum</i>	Cow Parsnip, Indian Celery, Pushki	Young flowers are eaten	Uphof (1968), Usher (1974), Tanaka (1976)
<i>Levisticum officinale</i> W.D.J. Koch	Lovage, Garden Lovage	Flowers are eaten	Facciola (1990), Lauderdale and Evans (1999)
<i>Lomatium macrocarpum</i> (Hook. & Arn.) J.M. Coult. and Rose = <i>Lomatium hallii</i> (S. Watson) J.M. Coult. and Rose	Bigseed Biscuit Root, Bigseed Lomatium	Tea prepared from flowers	Facciola (1990)
<i>Lomatium nudicaule</i> (Pursh) J.M. Coult. and Rose	Beach Dill, Hogfennel, Indian Celery, Naked Desert Parsley, Naked-Stemmed Pestle Parsnip, Wild Celery,	An infusion of leaves, stems and flowers used as a beverage	Hedrick (1972), Facciola (1990)
<i>Myrrhis odorata</i> (L.) Scop.	Sweet Cicely, Cicely, Greater Chervil, Roman Plant, Cow Chervil, Smooth Cicely, Sweet Fern, British Myrrh, Shepherd's Needle, Sweets	The sweet anise-flavoured flowers are lovely added to apple, plum or rhubarb tarts	Brown (2011)
<i>Pimpinella saxifraga</i> L.	Black Caraway, Burnet Saxifrage, Greater Burnet, Saxifrage Burnet	Flower heads made into wine	Facciola (1990)
<i>Saposhnikovia divaricata</i> (Turcz.) Schischk.	Siler Root, Fang Feng (Chinese)	Leaves, flowers boiled used as tea	Hu (2005)
<i>Smyrniolum olusatrum</i> L.	Alexanders, Black Lovage	Flower buds eaten raw, added to salads	Larkcom (1980), Loewenfeld and Back (1978)
<i>Smyrniolum perfoliatum</i> L.	Perfoliate Alexanders	Flower buds eaten raw, added to salads	Larkcom (1980), Loewenfeld and Back (1978)
<i>Trachyspermum roxburghianum</i> (DC.) H. Wolff	Wild Celery; Ajmod (Hindi); Ajamodika (Sanskrit); Phakchee Rai, Phak Sangae (Thai)	Young plants are harvested and consumed fresh as side dish or added to soup. Dried whole plant with inflorescence is used as spice to flavour curries	Jircas (2010)
<i>Zizia aurea</i> W.D.J. Koch.	Golden Alexanders	The flowers, minus pedicels, are tossed in green salad. They are also a delicious cooked vegetable when used in a similar manner to broccoli	Facciola (1990)

(continued)



**Table 1** (continued)

Scientific name	English/common vernacular name	Flower edible uses	References
Apocynaceae			
<i>Asclepias asperula</i> (Decne.) Woodson	Antelope Horns	Unopened flower buds eaten cooked. They taste somewhat like peas. They are used like broccoli. Flowers are used as a flavouring and a thickener in soups. The flower clusters can be boiled down to make a sugary syrup	Harrington (1974), Harris (1975), Facciola (1990), Kavasch (2005)
<i>Asclepias galioides</i> H. B. K.	Bedstraw Milkweed	Young buds eaten by boys of Zufii Indians of New Mexico	Yanovsky (1936)
<i>Asclepias hallii</i> A. Gray	Purple Silkweed	Flower buds eaten raw or cooked, taste like peas	Balls (1962), Usher (1974)
<i>Asclepias incarnata</i> L.	Swamp Milkweed	Unopened flower buds eaten cooked. They taste somewhat like peas. They are used like broccoli. Flowers are used as a flavouring and a thickener in soups. The flower clusters can be boiled down to make a sugary syrup	Yanovsky (1936), Uphof (1968), Usher (1974), Facciola (1990)
<i>Asclepias lanceolata</i> Walter	Purple Silkweed	Flowers edible	Wikipedia (2012)
<i>Asclepias mexicana</i> Cav.	Mexican Milkweed	Young blossoms eaten cooked	Yanovsky (1936), Kunkel (1984)
<i>Asclepias ovalifolia</i> Decne.	Oval-Leaved Milkweed, Dwarf Milkweed	Unopened flower buds eaten cooked. They taste somewhat like peas. They are used like broccoli. Flowers are used as a flavouring and a thickener in soups. The flower clusters can be boiled down to make a sugary syrup	Hedrick (1972), Harris (1975), Facciola (1990), Kavasch (2005)
<i>Asclepias pumila</i> (A. Gray) Vail.	Low Milkweed	As above	Harrington (1974), Facciola (1990), Kavasch (2005)
<i>Asclepias purpurascens</i> L.	Purple Milkweed	Flower buds eaten raw or cooked	Usher (1974), Elias and Dykeman (2009)
<i>Asclepias quadrifolia</i> Jacq.	Fourleaf Milkweed	Unopened flower buds eaten cooked. They taste somewhat like peas. They are used like broccoli. Flowers are used as a flavouring and a thickener in soups. The flower clusters can be boiled down to make a sugary syrup	Harrington (1974), Harris (1975), Kavasch (2005)
<i>Asclepias rubra</i> L.	Red Silkweed	The flower clusters can be boiled down to make a sugary syrup	Coffey (1993)

<i>Asclepias speciosa</i> Torr.	Showy Milkweed	Flowers eaten raw or boiled in Montana and California; buds boiled for soup or with meat	Yanovsky (1936), Balls (1962), Usher (1974)
<i>Asclepias syriaca</i> L.	Common Milkweed, Milkweed	Unopened flower buds eaten cooked. They taste somewhat like peas. They are used like broccoli. Flowers are used as a flavouring and a thickener in soups. The flower clusters can be boiled down to make a sugary syrup. Flowers stewed by Chippewa Indians	Yanovsky (1936), Harrington (1974), Harris (1975), Facciola (1990), Moerman (1998), Kavasch (2005)
<i>Asclepias tuberosa</i> L.	Butterfly Weed, Canada Root, Chigger Flower, Chiggerflower, Fluxroot, Indian Paintbrush, Indian Posy	Flowers produce so much nectar that crystallizes out into small lumps which can then be eaten like sweets. The flower clusters can also be boiled down to make a sugary syrup	Yanovsky (1936), Harrington (1974), Facciola (1990)
<i>Asclepias viridiflora</i> Raf.	Green Milkweed	Flowers eaten and used like common milkweed	Harris (1975), Facciola (1990)
<i>Dregea volubilis</i> (L.f.) Benth. ex Hook.f.	Sneeze Wort; Kratung-Maba (Thai)	Young shoot and inflorescence, which are available year-round, are cooked in a curry with dried, smoked fish	Jircas (2010)
<i>Fernaldia pandurata</i> (A. DC.) Woodson	Loroco, Quilite (El Salvador, Guatemala, Mexico)	Loroco is small green unopened flower buds used as an herb for flavouring in Central America. It is used in salads, rice dishes, stews and sauces. In El Salvador and in Honduras, it is added to the fillings in 'pupusas'	Facciola (1990), Morton et al. (1990)
<i>Holostemma rheedii</i> Wall.	Palay Keeray (Tamil); Pala Kura (Telugu)	Flowers eaten in India (Deccan)	Shortt (1887–1888), Watt (1908)
<i>Hoya viridiflora</i> (R.Br.) Griff	Hoya; Cooringee Keeray (Tamil)	Flowers eaten uncooked or prepared into a 'bhaji'. Flower powder (said to be pollen) is removed from the flowers and used in the preparation of 'Dhoklas', a small, thick bread	Shortt (1887–1888), Gammie (1902), Paton and Dunlop (1904), Watt (1908)
<i>Leichhardtia australis</i> R.Br. = <i>Marsdenia australis</i> (R.Br.) Druce	Doubah, Bush Banana	Flowers, leaves, shoots, roots, seed eaten	Low (1989)
<i>Leptadenia hastata</i> Vatke = <i>Leptadenia lancifolia</i> (Schumacher & Thonn.) Decne.	Idar; Cheila, Kayilla, Hayilla (Konsogna, Ethiopia); Moroh (Somali)	Flowers and tender shoots eaten like spinach	Dalziel (1937), Hedrick (1972), Facciola (1990)
<i>Morrenia odorata</i> (Hook. & Arn.) Lindl.	Milkweed Vine, Latex Plant, Strangler Vine	The flowers are very sweet and floral and can be eaten raw	Deane (2007–2012n)
<i>Orbea namaquensis</i> (N.E.Br.) Leach	Carrion Flower, Orbea; Aasblom, Bokhoring (Afrikaans)	Flowers eaten	Aiyambo (2010)

(continued)

Table 1 (continued)

Scientific name	English/common vernacular name	Flower edible uses	References
<i>Pergularia daemia</i> (Forsk.) Chiov.	Trellis-Vine; Utaran, Sagovani, Aakasan, Gadaria Ki Bel, Jutak (Hindi)	Flowers cooked as potherbs	Fox et al. (1982), Tanaka (1976), Facciola (1990)
<i>Plumeria obtusa</i> L.	Frangipani, Temple Flower, Pagoda Tree	Flowers popular in omelettes, fried, in salads, as dried herbal tea. The crispy and tasty flavour of the tempura style fried flowers may accompany 'Khanom Jeen Nam Ya' (Chinese spaghetti with fish curry soup). Flowers also eaten in sweetmeats	Wetwiyaklung et al. (2008), Wongwattanasathien et al. (2010), Kaisoon et al. (2011)
<i>Plumeria rubra</i> L.	Frangipani, Temple Flower, Temple Tree, Tree of Life, West Indian Jasmine,	Flowers used as above	Burkill (1966), Kunkel (1984), Hu (2005)
<i>Rhyncharhena linearis</i> (Decne.) K.L. Wilson	Climbing Purple-Star, Purple Pentatropae	Flowers and buds eaten	Cribb and Cribb (1975)
<i>Telosma cordata</i> (Burm.f.) Merr.	Chinese Violet, Cowslip Creeper, Fragrant Telosma, Tonkin Creeper, Tonkin Jasmine; Thiên Lý, Hoa Lý, Hoa Lý (Vietnamese)	Flowers and young leaves eaten	Tanaka and Nguyen (2007)
<i>Telosma minor</i> (Andrews) Craib = <i>Telosma cordata</i> (Burm.f.) Merr.	Chinese Violet, Cowslip Creeper, Fragrant Telosma, Tonkin Creeper, Tonkin Jasmine	Flowers eaten raw or cooked in light curry, steamed or fried	Pongpangan and Poobrasert (1985), Wetwiyaklung et al. (2008), Kaisoon et al. (2011)
<i>Telosma procumbens</i> (Blanco) Merrill	Cowslip Creeper; Latok (Tagalog), Cam Thảo Đá Bia (Vietnamese)	Flowers eaten in the Philippines	Van den Bergh (1994a, b)
<i>Vallaris heynei</i> Spreng. = <i>Vallaris solanacea</i> (Roth) O Kuntze	Bread Flower	Flowers eaten in Thailand	Burkill (1966), Facciola (1990)
<i>Vallaris solanacea</i> (Roth) O Kuntze	Bread Flower	Flowers eaten in Thailand	Van den Bergh (1994a, b)
<i>Wattakaka volubilis</i> (L.f.) Stapf = <i>Dregea volubilis</i> (L.f.) Benth. ex Hook.f.	Green Milkwood Climber	Young leaves, tender stem and green flowers cooked locally as vegetables	Pongpangan and Poobarasert (1985)
<i>Wrightia tinctoria</i> R.Br.	Dyers' Oleander, Pala Indigo Plant, Sweet Indrajao	Flowers are edible	Jukema et al. (1992)

Aponogetonaceae		
<i>Aponogeton distachyos</i> L.f.	Cape Pond Lily, Cape Asparagus, Water Hawthorn; Waterblommertjie (Afrikaans)	Flowering spike—pickled or used as a spinach or asparagus substitute. The flowers are used as a flavouring and flower buds used as a key ingredient in tempura, 'waterblommertjes' and in the traditional South African dish of 'waterblommertjie bredie' (lamb stew)
Araceae		
<i>Amorphophallus</i> spp.		
	Corpse Flower, Snake Plant; Buk (Thai)	Non-stinking flowers cooked for food
<i>Lasia spinosa</i> (L.) Thaw.	Spiny Taro; Chengmora (Assam); Phak Naam (Thai)	Flower spadix eaten cooked as vegetable
<i>Peltandra virginica</i> (L.) Schott	Green Arrow Arum	Spadix (the flowering stem) and berries—cooked. A great delicacy, but they must be thoroughly well cooked otherwise they are poisonous
<i>Schismatoglottis calyptrata</i> (Roxb.) Zollinger and Moritzi		
<i>Spathiphyllum phrynifolium</i> Schott.	Lirio, Busnay	Inflorescences are eaten
<i>Typhonium trilobatum</i> (L.) Schott.	Guang Xi Luo Yan (Chinese); Dujaruk (Malay)	Tender inflorescences eaten raw or used in soups or fried in egg batter
	Bengal Arum, Lobed Leaf Typhonium; Syam Kachu, Sam Ghas, Sam Kochu (Assamese)	Spadix are eaten cooked as vegetable by Bodo and Rajbongshi people in Assam
<i>Wolffia globosa</i> (Roxb.) Hartog and Plas	Asian Watermeal, Tropical Watermeal; Pham, Khai Nae, Khai Nam (Thai)	Inflorescences are eaten
Araliaceae		
<i>Aralia armata</i> (Wallich ex G. Don) Seemann	Guang Dong Sonu Mu (Chinese); Tang Nok (Thai)	Young leaves, unopened flowers cooked, excellent
<i>Eleutherococcus gracilistylus</i> (W.W.Sm.) S.Y. Hu =	Wu Jia Pi, Xi Zhu Wu Jia (Chinese)	Flowers are edible
<i>Eleutherococcus nodiflorus</i> (Dunn) S.Y.Hu		
<i>Trevesia palmata</i> (Roxb. ex Lindl.) Vis.	Snowflake Aralia; Taang Luang (Thai)	Young flower buds, available by the end of rainy season, are eaten after cooking in hot and spicy curry in Thailand. Flower buds eaten cooked by Garos and Bodos peoples in Assam and in Meghalaya

(continued)

Table 1 (continued)

Scientific name	English/common vernacular name	Flower edible uses	References
<b>Areaceae</b>			
<i>Arenga ambong</i> Becc. = <i>Arenga undulatifolia</i> Becc.	Ambung, Aren Gelora	Buds are edible	Brown (1954), Tanaka (1976), Facciola (1990)
<i>Arenga engleri</i> Becc.	Formosan Sugar Palm	Buds are eaten, sap from inflorescence made into sugar	Tanaka (1976), Facciola (1990)
<i>Arenga pinnata</i> (Wurmb) Merr.	Sugar Palm, Arenga Palm, Areng Palm, Black-Fibre Palm, Gomuti Palm, Aren	Sap from cut inflorescence stalk extracted to make palm sugar, jaggery, almost sap juice to make fresh drink, saguir or lightly fermented beverage, vinegar inflorescence peduncle tap for treacle, sugar, alcohol, toddy, tuba and vinegar; bids are cooked as a vegetable or pickled	Uphof (1968), Ochse and van den Brink (1980), Jones (1984), Facciola (1990), Smits (1996)
<i>Astrocaryum mexicanum</i> Lieb. ex Mart.	Chocho, Waree Palm	Flowers edible	Haynes and McLaughlin (2000)
<i>Borassus aethiopicum</i> Mart.	African Fan Palm, African Palmyra Palm, Deleb Palm, Ron Palm, Toddy Palm, Black Rhun Palm, Ronier Palm	Sap from cut inflorescence stalk extracted to make palm sugar, jaggery Sap from cut inflorescence provides a drink; sap also processed into wine, alcohol or vinegar and dried into sugar cakes	Tanaka (1976), Jones (1984), Facciola (1990), Haynes and McLaughlin (2000)
<i>Borassus flabellifer</i> L.	Asian Palmyra Palm, Toddy Palm, Sugar Palm, Cambodian Palm	Sap from cut inflorescence stalk extracted to make palm sugar, jaggery, almost sap juice to make lightly fermented beverage, toddy	Menninger (1977), Jones (1984), Morton (1988), Facciola (1990), Haynes and McLaughlin (2000)
<i>Calyptronoma dulcis</i> (C. Wright ex Griseb.) L.H. Bailey = <i>Calyptronoma plumeriana</i> (Mart.) Lourteig	Manaca, Palma Manaca (Spanish)	Flowers used for making candy in Cuba	Kunkel (1984), Facciola (1990)
<i>Caryota urens</i> L.	Fish Tail Palm	Sap from cut inflorescence stalk extracted to make palm sugar, jaggery	Jones (1984)
<i>Chamaedorea costaricana</i> Oerst.	Parlour Palms	Young inflorescences (flower stems) are eaten raw, deep fried in batter or boiled or use in soups in Costa Rica	Williams (1981), Facciola (1990)
<i>Chamaedorea elegans</i> Mart.	Parlour Palm, Neanthe Bella Palm	Unopened inflorescences eaten raw or cooked	Haynes and McLaughlin (2000)
<i>Chamaedorea graminifolia</i> H. Wendl.	Pacaya, Xiat Palm	Unopened flower clusters eaten in salads, folded into egg batter and fried or used as boiled vegetables in Central America	Uphof (1968), Tanaka (1976), Williams (1981), Facciola (1990)

<i>Chamaedorea tepejilote</i> Liebm.	Pacaya Palm, Tepejilote Palm	Selectively propagated plants are grown for the young male inflorescences called 'pacaya' eaten raw, boiled or fried in egg batter	Hedrick (1972), Williams (1981), Facciola (1990), Haynes and McLaughlin (2000)
<i>Cocos nucifera</i> L.	Coconut	Sap from cut inflorescence stalk extracted to make palm sugar, jaggery, almost sap juice to make lightly fermented beverage, toddy, vinegar Yg inf enclosed in spathe eaten in lalab	Ochse and van den Brink (1980), Jones (1984)
<i>Collina elegans</i> (Mart.) Liebm. ex Oerst. = <i>Chamaedorea elegans</i> Mart.	Parlour Palm, Neanthe Bella Palm,	Young unexpanded flower spikes eaten like asparagus	Uphof (1968), Hedrick (1972), Facciola (1990)
<i>Copernicia cerifera</i> (Arruda) Mart. = <i>Copernicia prunifera</i> (Mill.) H.E. Moore	Carnauba Wax Palm	Young inflorescence eaten	Tanaka (1976), Kunkel (1984), Facciola (1990)
<i>Corypha utan</i> Lam.	Gebang Palm, Ibus	Sap from inflorescence used to make wine and sugar	Haynes and McLaughlin (2000)
<i>Euglossona utilis</i> Becc.	Kadjatoa	Purple flower pollen used as condiment	Haynes and McLaughlin (2000)
<i>Guilielma gasipaes</i> (Kunth) L.H. Bailey = <i>Bactris gasipaes</i> Kunth var. <i>gasipaes</i>	Peach Palm, Pejibaye	Flowers may be chopped and added to salads	Facciola (1990)
<i>Hyphaene petersiana</i> Klotzsch ex Mart.	African Ivory Nut Palm	Palm wine made by fermenting mesocarp pulp and from sap by tapping flower bud (nondestructive)	Haynes and McLaughlin (2000)
<i>Iriartea ventricosa</i> Mart. = <i>Iriartea deltoidea</i> Ruiz and Pav.	Stilt Palm, Copa Palm, Barrigona Palm, Huacrapona	Flowers yield an ash used as a substitute for common salt in Guiana, Brazil	Tanaka (1976), Kunkel (1984), Facciola (1990)
<i>Mauritia flexuosa</i> L.f.	Buriti Palm, Wine Palm	Sap from the inflorescence is drunk or made into palm wine or sugar	Hedrick (1972), Cavalcante (1977), Facciola (1990)
<i>Nannorrhops ritchiana</i> (Griff.) Aitch.	Mazari Palm	Young inflorescences eaten	Watt (1908), Hedrick (1972), Tanaka (1976), Facciola (1990)
<i>Nypa fruticans</i> Wurm	Mangrove Palm, Nipa, Nipa Palm, Nipah, Golpata (Bangladesh, India)	Inflorescences cooked in nipa syrup to produce an energy-giving sweetmeat	Hedrick (1972), Facciola (1990)
<i>Oncosperma filamentosum</i> (Kunth) Blume = <i>Oncosperma tigillarum</i> (Jack) Ridl.	Nibung, Nibong, Nibung Palm	Flowers used to flavour rice in Malaysia	Burkill (1966), Hedrick (1972), Tanaka (1976), Facciola (1990)
<i>Phoenix canariensis</i> Chabaud	Canary Island Date Palm	Sap from cut inflorescence stalk extracted to make palm sugar	Jones (1984)

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