

T.K. Lim

Edible Medicinal and Non Medicinal Plants

Volume 8, Flowers

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Introduction

This book continues as volume 8 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 and as spices and may provide a source of food colorant, additive or nutraceuticals. *Functional food* has been described as being 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 compounds (Health Canada 2002). A *nutraceutical* can be defined as 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 carotenoids (β -carotene, lutein, lycopene), dietary fibres (β -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 – daidzein, 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 such plants with edible flowers from families Geraniaceae to Zingiberaceae in a tabular form (Table 1) and eighty such species from 32 families such as Geraniaceae, Iridaceae, Lamiaceae, Liliaceae, Limnocharitaceae, Magnoliaceae, Malvaceae, Meliaceae, Myrtaceae, Nyctaginaceae, Nymphaeaceae, Oleaceae, Onagraceae, Orchidaceae, Paeoniaceae, Papaveraceae, Plantaginaceae, Poaceae, Polygonaceae, Primulaceae, Proteaceae, Ranunculaceae, Rosaceae, Rubiaceae, Rutaceae, Solanaceae, Theaceae, Tropaeolaceae, Typhaceae, Violaceae, Xanthorrhoeaceae and Zingiberaceae in detail. Some plants with edible flowers but are better known for their edible fruits have been covered in

Table 1 Plants with edible flowers in the families Geraniaceae to Zingiberaceae

Scientific name	English/Common vernacular name	Flower edible uses	Reference
Geraniaceae			
<i>Geranium bicknellii</i> Britton	Bicknell's Cranesbill, Northern Cranesbill	Flowers eaten raw as garnish for salads	Schofield (2003)
<i>Geranium erianthum</i> DC.	Wooly Geranium, Cranesbill	Flowers eaten raw as garnish for salads	Schofield (2003)
<i>Geranium × fragrans</i> Dum. Cours.	Scented Pelargonium	The leaves have a powerful citrus fragrance and will add flavour to cakes and meringue roulades. The flowers have a faint citrus flavour similar to the leaves and are ideal when crystallized and scattered on desserts	Anonymous (2012a)
<i>Geranium graveolens</i> Stokes = <i>Geranium robertianum</i> L.	Scented Pelargonium, Rose-Scented Geranium, Herb Robert, Storkbill	The flowers have a faint citrus flavour similar to the leaves and are ideal when crystallized and scattered on desserts	Anonymous (2012a) and Roberts (2000)
<i>Geranium incanum</i> Burm.f.	Carpet Geranium, Creeping Geranium, Wild Geranium; Horlosies, Viouetee, Bergtee (Afrikaans)	Flowers used, as for other geranium flowers, in salads and desserts	Roberts (2000)
<i>Geranium quercifolium</i> L.f. = <i>Pelargonium quercifolium</i> (L.f.) L'Her.	Scented Pelargonium	Flowers used as above	Anonymous (2012a)
<i>Geranium robertianum</i> L.	Herb Robert, Storkbill	Flowers eaten raw as garnish in salads	Schofield (2003)
<i>Geranium tomentosum</i> Andrews = <i>Pelargonium ovale</i> (Burm.f.) L'Her.	Scented Pelargonium	The flowers have a faint citrus flavour similar to the leaves and are ideal when crystallized and scattered on desserts	Roberts (2000) and Anonymous (2012a)
<i>Geranium viscosissimum</i> Fisch. & C.A. Mey.	Sticky Geranium, Sticky Purple Geranium	Flowers edible raw, used as garnish for salads or used to decorate hors d'oeuvres	Facciola (1990) and Schofield (2003)
<i>Pelargonium crispum</i> (L.) L'Her.	Crisped Leaf Pelargonium, Curled Leaved Cranesbill, Finger Bowl Geranium, Lemon Geranium, Lemon-Scented Geranium	Flowers used in salads, dessert, drinks and jellies	Barash (1997), Roberts (2000), and Deane (2007–2012j)
<i>Pelargonium graveolens</i> L'Her.	Rose Geranium, Old Fashion Rose Geranium, Rose-Scented Geranium	Flowers edible raw, added to salads and to lend flavour and fragrance to juice, wine, desserts, cakes, ice cream, soups, sugar, vinegar, sauces, custards and canned and baked fruits	Bryan and Castle (1975), Larkcom (1980), Facciola (1990), Barash (1997), and Roberts (2000)
<i>Pelargonium</i> spp.	Scented Geraniums	Scented flowers used in salads, desserts, jellies and drinks	Barash (1997), Newman and O'Connor (2009), and Deane (2007–2012j)

<i>Pelargonium tomentosum</i> Jacq.	Pennyroyal Pelargonium, Peppermint-Scented Pelargonium	Flowers used to flavour cakes, jellies, puddings, pies, cookies, tarts, teas and other desserts	Gessert (1983) and Facciola (1990)
<i>Pelargonium × nervosum</i> Sweet	Lime Geranium, Scented Geranium	Flowers used to flavour cakes, jellies, puddings, drinks, vinegar, wine and soups	Gessert (1983) and Facciola (1990)
Gnetaceae			
<i>Gnetum gnemon</i> L.	Gnetum, Joint Fir, Kampong Tree, Spanish Joint Fir; Blinjau, Meninjau (Malaysia); Melinjo, Belinjo (Indonesia)	Inflorescences/flowers cooked in <i>sayur</i> , soups and in curries in Indonesia	Ochse and Bakhuizen van den Brink (1980), Facciola (1990), and Lim (2012a)
Grossulariaceae			
<i>Ribes aureum</i> Pursh.	Golden Currant	Flowers eaten raw and have a very sweet flavour	Harrington (1974) and Deane (2007–2012j)
<i>Ribes cereum</i> Douglas	Wax Currant	As above	Harrington (1974), Clarke (1977), Facciola (1990), and Deane (2007–2012j)
<i>Ribes nigrum</i> L.	Black Currant	Flower buds used in ice cream and liqueurs	Deane (2007–2012j)
<i>Ribes odoratum</i> H.L. Wendl. = <i>Ribes aureum</i> var. <i>villosum</i> DC.	Golden Currant, Buffalo Currant	Flowers eaten raw, has a sweet taste	Harrington (1974) and Facciola (1990)
<i>Hamamelidaceae</i>			
<i>Corylopsis himalayana</i> Griff.	Dieng-Piu	Flowers eaten in Meghalaya, India	Sawian et al. (2007)
Helwingiaceae			
<i>Helwingia chinensis</i> Batalin	Zhong Hua Qing Jia Ye (Chinese)	Flowers and leaves are edible	Kunkel (1984)
<i>Helwingia japonica</i> (Thumb.) F. Dierr.	Hana-Ikada (Japanese)	Young flowers and young shoots are eaten	Read (1946), Uphof (1968), Tanaka (1976), and Facciola (1990)
Hyacinthaceae			
<i>Muscari atlanticum</i> Boiss. & Reut. = <i>Muscari neglectum</i> Guss. ex Ten.	Musk Hyacinth, Nutmeg Hyacinth	Flowers and flower buds can be pickled in vinegar	Newman and O'Connor (2009)
<i>Muscari botryoides</i> (L.) Mill.	Italian Grape Hyacinth	As above	Crowhurst (1972), Facciola (1990), and Newman and O'Connor (2009)
<i>Muscari neglectum</i> Guss. ex Ten.	Musk Hyacinth, Nutmeg Hyacinth	The flowers, sprinkled over rhubarb, add a wonderful scented flavour	Hedrick (1972) and Facciola (1990)
Hydrocharitaceae			
<i>Hydrocharis dubia</i> (Blume) Backer	Frogbit; Tochi-Kagami (Japanese)	Young inflorescence is eaten	Van den Bergh (1994b)
<i>Ottelia alismoides</i> (L.) Pers.	Mizu Obako (Japanese); Santawa (Thai)	Young leaves and flowers are eaten raw with chilli sauce and used as side dish	Jircas (2010)

(continued)

Table 1 (continued)

Scientific name	English/Common vernacular name	Flower edible uses	Reference
Hypericaceae			
<i>Cratogeomys formosum</i> Benth. & Hook. f. ex Dyer	Pink Mempat; Tiew (Thai)	Flowers are edible	Tangkanakul et al. (2005)
<i>Hypericum perforatum</i> L.	St. John's Wort, Amber, Goat Weed, John's Wort, Chase Devil, Klamath Weed, Rosin Rose, Tipton Weed	Flowers used for making mead and can be tossed into salads	Crowhurst (1972), Facciola (1990), and Roberts (2000)
Iridaceae			
<i>Crocus aurea</i> (Pappe ex Hook.) Planch.	Falling Stars, Valentine Flower, Montbretia	Flowers source of yellow dye, used as substitute for saffron	Uphof (1968) and Facciola (1990)
<i>Crocus sativus</i> L.	Saffron, Autumn Crocus, Spanish Saffron, Dyer's Saffron	Dried filaments and styles used for colouring and flavouring food and saffron tea	Hedrick (1972), Morton (1976), Kunkel (1984), Garland (1993), Facciola (1990), and Wessel-Riemens (1992)
<i>Crocus serotinus</i> Salisb.	Late Crocus, Ornamental Crocus	Flowers used as saffron substitute in colouring food	Tanaka (1976)
<i>Freesia alba</i> (G.L. Mey.) Gumbel.	Fressia, Kammetjie; Ruikpypie (Afrikaans)	Flowers used raw in salads	Deane (2007–2012h)
<i>Freesia leichlinii</i> subsp. <i>alba</i> (G.L. Mey.) J.C. Manning & Goldblatt	Fressia, Kammetjie, Ruikpypie	Edible flowers used raw in salads. They are reported to be excellent, infused with a sugar syrup and are used in sorbets for flavouring	Wickes (2004) and Deane (2007–2012h)
<i>Freesia</i> spp.	Freesia	Highly scented flowers are used in salads raw or as a garnish. They are reported to be excellent, infused with sugar syrup and added in sorbets for flavouring	Deane (2007–2012h)
<i>Gladiolus cruentus</i> T. Moore	Blood Lily, Blood-Red Gladiolus, Blood Flag, Gladiolus	Flowers eaten raw or cooked, added to salads or used as a boiled vegetable	Fox et al. (1982) and Facciola (1990)
<i>Gladiolus dalenii</i> Van Geel	African Gladiolus, Parrot-Beaked Gladiolus; Papegai-Gladiolus (Afrikans)	Flowers eaten raw or cooked. The anthers are removed and the flowers are added to salads or used as a boiled vegetable. Children suck the flowers for their copious quantities of nectar	Fox et al. (1982) and Facciola (1990)
<i>Gladiolus ecklonii</i> Lehm.	Sheathed Gladiolus	Flower eaten raw or used in potherb	Fox et al. (1982) and Facciola (1990)
<i>Gladiolus hortulanus</i> L.H. Bailey	Garden Gladiolus, Gladiolus, Glads	Petals eaten raw or cooked, rather bland	Deane (2007–2012b)
<i>Gladiolus</i> spp.	Gladiolus	As above	Newman and O'Connor (2009)
<i>Tritonia crocata</i> (L.) Ker-Gawl.	Orange Tritonia, Kalkoentjie	Flowers used to adulterate saffron	Kunkel (1984) and Facciola (1990)

Lamiaceae				
<i>Acinosa arvensis</i> (Schur) Dandy = <i>Clinopodium acinos</i> (L.) Kuntze <i>Aeollanthus pubescens</i> Benth.	Basil Thyme	Flowering tops used to season jugged hare and used in salads Leaves, flowers used as spice (analogue of basil)	Grieve (1971), Kunkel (1984), Facciola (1990), and Bown (1995) Seidemann (2005)	
<i>Agastache anethiodora</i> Nutt. & Britton	Anise Hyssop	Aromatic leaves and flowers are used in salads for flavouring and in tea and punch	Roberts (2000) and Deane (2007–2012m)	
<i>Agastache cana</i> (Hook.) Wooton & Standl.	Texas Hummingbird Mint, Mosquito Plant, Wild Hyssop	Aromatic leaves and flowers are used in salads for flavouring and tea	Deane (2007–2012m)	
<i>Agastache foeniculum</i> (Pursh) Kuntze	Anise Hyssop, Blue Giant Hyssop, Blue Giant Hyssop, Lavender Hyssop, Licorice Mint, Wonder Honey Plant	Flowers used in desserts—cakes, custard, cookies; Flowers have an anise or liquorice flavour used for salad or drinks and tea	Morton (1976), Facciola (1990), Barash (1997), Lauderdale and Evans (1999), and Newman and O'Connor (2009)	
<i>Agastache mexicana</i> (Kunth) Lint & Epling	Mexican Hyssop	Aromatic leaves and flowers are used in salads for flavouring and tea	Deane (2007–2012m)	
<i>Agastache neomexicana</i> (Briq.) Standl. = <i>Agastache pallidiflora</i> subsp. <i>neomexicana</i> (Briq.) Lint & Epling	New Mexico Giant Hyssop	As above	Deane (2007–2012m)	
<i>Agastache rugosa</i> (Fisch. & C.A. Mey.)	Korean Hyssop, Korean Mint	As above	Roberts (2000) and Deane (2007–2012m)	
<i>Agastache urticifolia</i> (Benth.) Kuntze	Giant Hyssop, Nettle Leaf Giant Hyssop	Dried flowers used to make herbal tea	Yanovsky (1936) and Facciola (1990)	
<i>Calamintha ascendens</i> Jord. = <i>Clinopodium menthifolium</i> subsp. <i>ascendens</i> (Jord.) Govaerts	Calamint, Common Calamint, Mountain Calamint, Mountain Balm	Calamint tea, calamint conserve, peach and calamint dessert	Roberts (2000)	
<i>Calamintha nepeta</i> (L.) Savi = <i>Clinopodium nepeta</i> (L.) Kuntze	Calamint, Lesser Calamint, Cornemint, Mountain Mint		Roberts (2000)	
<i>Calamintha officinalis</i> Moench = <i>Clinopodium nepeta</i> subsp. <i>glandulosum</i> (Req.) Govaerts	Calamint, Cornemint, Mill Mountain, Mountain Balm, Basil Thyme, Mountain Mint	Calamint tea	Roberts (2000)	
<i>Calamintha sylvatica</i> Bromf. = <i>Clinopodium menthifolium</i> subsp. <i>menthifolium</i>	Calamint, Woodland Calamint	Flowers used for conserve	Morton (1976) and Facciola (1990)	
<i>Clerodendrum japonicum</i> (Thunb.) Sweet	Japanese Glorybower, Kaempfer's Glorybower	Flowers are edible	Kunkel (1984)	
<i>Clerodendrum serratum</i> Spreng. var. <i>wallichii</i> C. B. Clarke = <i>Rotheca serrata</i> (L.) Steane & Mabb.	Glorybower, Bagflower, Bleeding-Heart; Akkhi Thawan, Charak Pa (Thai); Bharangi (Indonesia); Akalbin, Akla Brikhsa (Assamese)	Inflorescences are boiled or cooked with curry in India. Young inflorescences with unexpanded flowers are eaten as lalab, side dish with rice in Indonesia	Tanaka (1976), Ochse and van den Brink (1980), Facciola (1990), Sawian et al. (2007), and JIRCAS (2010)	

(continued)

Table 1 (continued)

Scientific name	English/Common vernacular name	Flower edible uses	Reference
<i>Clerodendrum spicatum</i> Thunb. = <i>Orthosiphon aristatus</i> var. <i>aristatus</i>	Cat's Whiskers, Java Tea, Kidney Tea Plant; Ya Nuat Suea (Thai)	Flowers cooked as vegetable; flowers that are bitter are cooked and eaten as good vegetable	Pongpangan and Poobrasert (1985)
<i>Clinopodium brownie</i> (Sw.) Kuntze	Browne' Savoury, Creeping Charlie, Mint Charlie	Flowers are edible	Deane (2007–2012)
<i>Elsholtzia blanda</i> (Bentham) Bentham	Llomba, Lengmaser (Manipur)	Flowers dried and stored for months, used for gamishing vegetarian and non-vegetarian dishes; used in a dish made of arbi (<i>Colocasia</i>)	Hauzel (2012) and Yumnam and Tripathi (2012)
<i>Elsholtzia strobilifera</i> (Benth.) Benth.	Rengma Ser, Langtu (Assamese)	Inflorescence eaten in Assam	Medhi and Borthakur (2012)
<i>Gmelina arborea</i> Roxb.	Yunnan Gemlina; Tian Shi Zi (Chinese); Gomari, Gameri (Assamese)	Fragrant flower gathered by Thai ethnic group of southern Yunnan for flavouring and colouring pastries. In Assam, flowers eaten cooked	Hu (2005) and Patiri and Borah (2007)
<i>Hedeoma drummondii</i> Benth.	Drummond's False Pennyroyal	Infusion of flowering tops used as beverage in Texas	Yanovsky (1936)
<i>Hyssopus officinalis</i> L.	Hyssop	Flowers, raw. Added to salads or made into syrup	Facciola (1990), Deane (2007–2012n), and Newman and O'Connor (2009)
<i>Koellia virginiana</i> (L.) Kuntze = <i>Pycnanthemum virginianum</i> (L.) T. Durand & B.D. Jacks. ex B.L. Rob. & Fernald.	Virginia Mountain Mint	Flowers and buds used for seasoning meat or broth by Chippewa Indians	Yanovsky (1936)
<i>Lamium amplexicaule</i> L	Greater Henbit, Henbit Deadnettle	Flowering tips eaten in salad, boiled as potherb, cooked in rice gruel or used in dumplings	Fernald et al. (1958), Tanaka (1976), and Facciola (1990)
<i>Lamium galeobdolon</i> (L.) Crantz	Yellow Archangel, Golden Deadnettle	Young flowering tips cooked	Fern (1992–2003)
<i>Lamium purpureum</i> L.	Archangel Red Dead Nettle	Flowering tips boiled or candied	Hedrick (1972), Kunkel (1984), and Facciola (1990)
<i>Lavandula angustifolia</i> Mill.	Lavender, English Lavender, True Lavender	Flowers make into conserve, crystallized and used on cakes; fresh or dried flowers used in salads or to flavour sugar and jellies; fresh or dried flowers brewed into tea; lavender flowers used in both in sweet or savoury dishes	Morton (1976), Larkcom (1980), Facciola (1990), Garland (1993), Burnie and Fenton-Smith (1996), Barash (1997), Roberts (2000), and Newman and O'Connor (2009)
<i>Lavandula dentata</i> L.	Fringed Lavender, French Lavender	As above	Garland (1993) and Roberts (2000)

<i>Lavandula latifolia</i> Medik.	Spike Lavender, Dutch Lavender	Flowers source of essential oil used for flavouring salads and jellies	Tanaka (1976), Facciola (1990), and Roberts (2000)
<i>Lavandula multifida</i> L.	Fernleaf Lavender, Egyptian Lavender	Use lavender flowers, both in sweet or savoury dishes. Make a delicious lavender sugar and add to biscuits, sorbets, jams or jellies	Anonymous (2012a)
<i>Lavandula</i> spp.	Lavender	Flowers make into conserve, crystallized and used on cakes; fresh or dried flowers used in salads; or to flavour sugar, jellies, ice cream, sorbet, cookies	Garland (1993), Burnie and Fenton-Smith (1996), Barash (1997), Lauderdale and Evans (1999), and Roberts (2000)
<i>Lavandula stoechas</i> L.	French Lavender, Spanish Lavender, Topped Lavender	As above	Garland (1993), Roberts (2000), and Anonymous (2012a)
<i>Lavandula</i> × <i>allardii</i> Hy = <i>Lavandula</i> × <i>heterophylla</i> Viv.	Blind Lavender, Allard's Lavender	As above	Roberts (2000)
<i>Leonotis nepetifolia</i> (L.) R.Br.	Giant Lion's Ear, Lion's Ear, Annual Lion's Ear, Christmas Candlestick, Bald Head, Bird Honey, Lion's Tail	Flowers eaten in Tanzania	Facciola (1990)
<i>Leonurus cardiaca</i> L.	Throw Wort, Lion's Ear, Motherwort, Common Motherwort, Lion's Tail	Flowering tops are used for flavouring beers, ales and stout. Fresh or dried flowers can also be added to soups, e.g. split pea soups, and can be brewed into tea	Crowhurst (1972) and Facciola (1990)
<i>Leucas plukenetii</i> (Roth) Spreng. = <i>Leucas aspera</i> (Willd.) Link	Common Leucas; Doron, Kansisa (Assamese)	Flower buds, used as vegetables in Assam	Patiri and Borah (2007)
<i>Melissa officinalis</i> L.	Balm, Lemon Balm, Erva Cidreira, Common Balm, Cytria	Flowers used in salads	Burnie and Fenton-Smith (1996) and Newman and O'Connor (2009)
<i>Mentha</i> × <i>piperita</i> L.	Peppermint	Flowers used to flavour sauces, ice cream or as garnish. These tiny flowers pack a real punch and add that something extra to green salads, fruit salads, fresh strawberries, chocolate mousse or chocolate cake. Can also be used to decorate and flavour lamb dishes	Barash (1997), Roberts (2000), and Anonymous (2012a)
<i>Mentha aquatica</i> L.	Water Mint	Flowers edible	Barash (1997)
<i>Mentha aquatica</i> var. <i>citrata</i> (Ehrh.) Benth.	Bergamot Mint, Eau de Cologne Mint, Lemon Mint, Lime Mint	Flowers of lemon bergamot mint are edible	Facciola (1990) and Roberts (2000)
<i>Mentha arvensis</i> L.	Field Mint, Corn Mint, Japanese Mint, Pudina	Flowers edible	Barash (1997)

(continued)

Table 1 (continued)

Scientific name	English/Common vernacular name	Flower edible uses	Reference
<i>Mentha arvensis</i> L. forma <i>piperascens</i> Malinv. ex Holmes = <i>Mentha canadensis</i> L.	Japanese Mint, Japanese Field Mint	Flowers used for scented tea	Tanaka (1976) and Facciola (1990)
<i>Mentha longifolia</i> (L.) Huds.	Biblical Mint, Horse Mint, Wild Mint	Leaves and flowering tops source of peppermint-like essential oil used for flavouring candy	Altschul (1973), Tanaka (1976), and Facciola (1990)
<i>Mentha pulegium</i> L.	English Pennyroyal, European Pennyroyal, Pennyroyal	Tiny flowers pack a real punch and add that something extra to green salads, fruit salads, fresh strawberries, chocolate mousse or chocolate cake; can also be used to decorate and flavour lamb dishes	Barash (1997) and Anonymous (2012a)
<i>Mentha spicata</i> L.	Spearmint, Lamb Mint, Garden Mint	Flowers used to flavour sauces, ice cream, salads, soups, fruit drinks, desserts, dressings and vegetable dish or as garnish	Grieve (1971), Facciola (1990), Barash (1997), Roberts (2000), and Anonymous (2012a)
<i>Mentha</i> spp.	Mint	Flowers used to flavour ice cream or as garnish	Barash (1997), Lauderdale and Evans (1999), and Newman and O'Connor (2009)
<i>Mentha suaveolens</i> Ehrh.	Apple Mint	As for spearmint	Roberts (2000) and Anonymous (2012a)
<i>Mentha × gentilis</i> L.	Ginger Mint, Scotch Mint	Flowers used to flavour sauces and ice cream or as a garnish	Barash (1997)
<i>Mentha × gracilis</i> Sole = <i>Mentha × gentilis</i> L.	As for apple mint	As for apple mint	Anonymous (2012a)
<i>Mentha × citrata</i> Ehrh. = <i>Mentha × piperita</i> L.	Orange Bergamot Mint, Orange Mint, Eau de Cologne Mint, Pineapple Mint, Lemon Mint, Water Mint, Lime Mint	As for ginger mint	Barash (1997) and Roberts (2000)
<i>Micromeria</i> sp.	Emperor's Mint	Flowers edible	Roberts (2000)
<i>Monarda citriodora</i> Cerv. ex Lag. subsp. <i>austromontana</i> (Epling) Scora = <i>Monarda citriodora</i> Cerv. ex Lag. var. <i>austromontana</i> (Epling) B.L. Turner	Lemon Bee Balm, Lemon Mint	As well as being colourful, the petals have a sweet, spicy flavour and will enhance salads, jellies and stuffings, rice and pasta dishes. Fresh or dried leaves can be used to make delicious bergamot tea	Anonymous (2012a)

<i>Monarda didyma</i> L.	Bergamot, Bee Balm, Crimson Bee Balm, Scarlet Bee Balm, Scarlet Monarda, Oswego Tea	Flowers eaten raw; added as an attractive garnish to salads. An excellent aromatic tea or lemonade is made from the fresh or dried leaves and flower heads; also used in cakes, ice cream, teas, tartlets, jellies and stuffings, rice and pasta dishes. Fresh or dried leaves can be used to make delicious bergamot tea	Uphof (1968), Tanaka (1976), Facciola (1990), Phillips and Foy (1992), Bown (1995), Burmie and Fenton-Smith (1996), Barash (1997), Lauderdale and Evans (1999), Roberts (2000), Lust (2001), Newman and O'Connor (2009), and Anonymous (2012a)
<i>Monarda fistulosa</i> L.	Wild Bergamot, Bee Balm	The flowers make an attractive edible garnish in salads	Facciola (1990)
<i>Monardella odoratissima</i> Benth.	Mountain Pennyroyal, Mountain Monarda	Flower heads make a clear refreshing mint-like tea	Clarke (1977) and Facciola (1990)
<i>Monardella villosa</i> Benth.	Coyote Mint	As above	Clarke (1977) and Facciola (1990)
<i>Nepeta cataria</i> L.	Catnip, Catswort, Catmint	Flowers edible, have an aromatic, strong mint/spice flavour so should be used sparingly when cooking; ideal for adding a bit of bite to pasta or rice dishes and all types of vegetables; also makes a tasty complement to meat dishes like lamb	McVicar (2003), Anonymous (2012a), and Deane (2007–2012)
<i>Ocimum basilicum</i> L.	Basil, Sweet Basil	Nice salad sprinkle; young leaves and flowering heads both fresh and dried are used for seasoning tomato sauce, vinegar, soups, salads and omelettes; flowers also used as garnish; delicious when added to salads, soups or pasta	Morton (1976), Facciola (1990), Lauderdale and Evans (1999), Aguilar et al. (1999), Newman and O'Connor (2009), and Anonymous (2012a)
<i>Ocimum canum</i> Sims = <i>Ocimum americanum</i> L.	Hoary Basil, Lime Basil; Mayanba (Manipur)	Young shoots and inflorescence	Yunnam and Tripathi (2012)
<i>Ocimum minimum</i> L.	Greek Basil, Bush Basil	The flowers are delicious when added to salads, soups or pasta	Anonymous (2012a)
<i>Ocimum x citriodorum</i> Vis. = <i>Ocimum x africanum</i> Lour.	Basil Lime, Basil Lemon, Vartegated Basil	As above	Anonymous (2012a)
<i>Origanum dictamnus</i> L.	Dittany of Crete, Cretan Dittany, Hop Majoram	Flowering tops dried brewed into tea	Morton (1976) and Facciola (1990)
<i>Origanum majorana</i> L.	Sweet Majoram, Knotted Majoram	Flowering tops used for flavouring and preservative for ales, flowers used in salads, stuffing for meat, poultry or marinades, dried flower used for herbal tea; combines well with all chicken dishes and many fish recipes; can also be made into a flavoursome hot tea	Morton (1976), Facciola (1990), Garland (1993), Burmie and Fenton-Smith (1996), de Guzman and Jansen (1999), Newman and O'Connor (2009), and Brown (2011)

(continued)

Table 1 (continued)

Scientific name	English/Common vernacular name	Flower edible uses	Reference
<i>Origanum onites</i> L.	Turkish Oregano, Pot Marjoram	Flowering tops used for flavouring and preservative for ales	Garland (1993)
<i>Origanum</i> spp.	Oregano	Flowering tops used for seasoning	Newman and O'Connor (2009)
<i>Origanum syriacum</i> L.	Syrian Oregano, Lebanese Oregano, Biblical Hyssop	Flowering tops used for seasoning	Bailey (1949) and Facciola (1990)
<i>Origanum vulgare</i> L.	Marjoram, Oregano, Wild Majoram, Spanish Thyme, Greek Oregano	Flowering tops used for flavouring and preservative for beer and ales	Grieve (1971), Hedrick (1972), Facciola (1990), Garland (1993), Burnie and Fenton-Smith (1996), and de Guzman and Jansen (1999)
<i>Perilla frutescens</i> (L.) Britton	Perilla, Beefsteak Plant, Chinese Basil, Purple Mint, Wild Sesame; Shiso, Egoma, Shisonoha (Japanese); Kkaennip Namul (Korean); Lá Tía Tô, Rau Tía Tô, Tía Tô (Vietnamese)	Flowers popularly used for flavouring or as garnish in Vietnamese, Japanese and Korean cooking; flower clusters serve as garnish for soups and tofu, while older ones fried	Yashidora (1968), Tanaka (1976), Facciola (1990), de Guzman and Siemonsma (1999), and Medhi and Borthakur (2012)
<i>Petrosia atriplicifolia</i> Benth.	Russian Sage	The small lavender flowers have a sweet flavour and can be eaten in salads or used as a garnish	Tanaka (1976), Kunkel (1984), and Facciola (1990)
<i>Polioimntha incana</i> (Torr.) A. Gray	Frosted Mint	Flowers used for flavouring in Arizona	Yanovsky (1936) and Facciola (1990)
<i>Prunella vulgaris</i> L.	Selfheal, Lance Selfheal, Aleutian Selfheal, Heal-All; Xia-Ku-Kao (Chinese)	Dried inflorescence used in herbal tea	Hu (2005)
<i>Pycnanthemum virginianum</i> (L.) T. Durand & B.D. Jacks. ex B.L. Rob. & Fernald	Virginia Mountain Mint	Chippewa Indians used the flowers and buds for seasoning meat and broth	Yanovsky (1936) and Facciola (1990)
<i>Rosmarinus officinalis</i> L.	Rosemary	Rosemary oil distilled from flowering tops and leaves, fresh flower good in salads or as decorations for puddings and desserts; flowers candied, preserved or added to jellies, honey, vinegar and wine; flowers and leaves can be used with poultry or pork	Grieve (1971), Morton (1976), Burnie and Fenton-Smith (1996), De Guzman (1999), Facciola (1990), Newman and O'Connor (2009), and Brown (2011)
<i>Salvia ballotaeiflora</i> Benth. = <i>Salvia ballotiflora</i> Benth.	Shrubby Blue Sage	Infusion of flowering tops used as beverage in Texas	Yanovsky (1936)
<i>Salvia dorisiana</i> Standl.	Fruit Sage, Peach Sage, Fruit-Scented Sage	Flowers edible	Roberts (2000)

<i>Salvia elegans</i> Vahl	Pineapple Sage	Flowers used in salad, cookies or garnish	Burnie and Fenton-Smith (1996), Barash (1997), Lauderdale and Evans (1999), Newman and O'Connor (2009), and Deane (2007–2012f)
<i>Salvia japonica</i> Thunb.	Japanese Woodland Sage; Shu Wei Cao (Chinese); Aki-No-Iamura-Sou (Japanese)	Children suck the flowers for the sweet nectar	Kunkel (1984) and Facciola (1990)
<i>Salvia officinalis</i> L.	Sage, Common Sage, Garden Sage, Golden Sage, Kitchen Sage, True Sage, Culinary Sage, Dalmatian Sage, Broadleaf Sage	Flowers used in salad or garnish; flowers eaten raw, boiled, pickled or eaten in bread and butter sandwiches	Grieve (1971), Hedrick (1972), Morton (1976), Facciola (1990), Burnie and Fenton-Smith (1996), Roberts (2000), and Newman and O'Connor (2009)
<i>Salvia plebeia</i> R.Br.	Australian Sage, Small-Flowered Sage	Flowers edible	Tanaka (1976)
<i>Salvia sclarea</i> L.	Amaro, Clarry, Clary, Clary Sage, Clear Eye	Flowers used in salad or garnish; flowers have a very aromatic flavour and, being pastel shades, make a lovely contrast when added to salads	Burnie and Fenton-Smith (1996), Grieve (1971), Morton (1976), Facciola (1990), Deane (2007–2012), and Anonymous (2012a)
<i>Salvia verbenaca</i> L.	Wild Clary, Vervain Sage, Wild Sage	Flowers eaten raw for flavouring in salads	Kunkel (1984) and Facciola (1990)
<i>Satureja hortensis</i> L.	Summer Savoury	Flowers edible	Huyen and Brink (1999) and Newman and O'Connor (2009)
<i>Satureja montana</i> L.	Winter Savoury	Flowering tops used for seasoning soups, salads, sauces, fish, stuffings, egg dishes, poultry, meat, vegetables	Grieve (1971), Morton (1976), Facciola (1990), and Newman and O'Connor (2009)
<i>Sideritis perfoliata</i> L.	Ironwort, Mountain Tea, Shepherd Tea	Inflorescences and leaves used in herbal tea and beverages	Petreska et al. (2011)
<i>Sideritis raeseri</i> Boiss. & Heldr.	Ironwort, Mountain Tea, Shepherd Tea	As above	Petreska et al. (2011)
<i>Sideritis scardica</i> Griseb.	Bulgarian Sideritis, Ironwort, Mountain Tea, Shepherd Tea	Inflorescences and leaves used in herbal tea and beverages	Qazimi et al. (2010)
<i>Sideritis syriaca</i> L.	Ironwort, Mountain Tea, Shepherd Tea	As above	Petreska et al. (2011)
<i>Sideritis taurica</i> Steph ex Willd.	Ironwort, Mountain Tea, Shepherd Tea	As above	Petreska et al. (2011)
<i>Stachys officinalis</i> (L.) Trevis.	Betony, Purple Betonybishops Wort	Infusion of flowering tops makes a refreshing, aromatic beverage	Macnicol (1967), Morton (1976), and Facciola (1990)
<i>Teucrium scorodonia</i> L.	Wood Germander, Sage-Leaved Germander	Infusion of leaves and flowers called ambroise used in France and Channel Islands as a substitute for hops in flavouring	Grieve (1971), Hedrick (1972), Morton (1976), and Facciola (1990)

(continued)

Table 1 (continued)

Scientific name	English/Common vernacular name	Flower edible uses	Reference
<i>Thymus caespitosus</i> Brot.	Cretan Thyme, Azores Thyme, Mountain Thyme, Tiny Thyme	Aromatic leaves and flowers used locally as condiment	Lauderdale and Evans (1999), Widodo (1999), Newman and O'Connor (2009), and Stradley (2010)
<i>Thymus capitatus</i> (L.) Hoffmanns. & Link = <i>Thymbra capitata</i> (L.) Cav.	Headed Savoury, Conehead Thyme	Aromatic leaves and flowers used locally as condiment	Lauderdale and Evans (1999), Widodo (1999), Newman and O'Connor (2009), and Stradley (2010)
<i>Thymus citriodorus</i> Schreb. = <i>Thymus serpyllum</i> subsp. <i>serpyllum</i>	Lemon Thymes, Orange Thymes, Lime Thyme	Fresh flowers in salads or garnish or as flavouring for honey	Burnie and Fenton-Smith (1996), Lauderdale and Evans (1999), Widodo (1999), Newman and O'Connor (2009), and Stradley (2010)
<i>Thymus herba-barona</i> Loisel.	Caraway Thyme	Fresh flowers in salads or garnish or as flavouring for honey	Widodo (1999), Lauderdale and Evans (1999), Newman and O'Connor (2009), and Stradley (2010), burnie
<i>Thymus mastichina</i> (L.) L.	Mastic Thyme, Mejorana, Pine Scented Thyme, Spanish Majoram, Spanish Wood	Aromatic leaves and flowers used locally as condiment	Lauderdale and Evans (1999), Newman and O'Connor (2009), and Stradley (2010)
<i>Thymus praecox</i> Opiz	Creeping Thyme, Mother of Thyme, Wild Thyme	As above	Widodo (1999), Lauderdale and Evans (1999), Newman and O'Connor (2009), and Stradley (2010)
<i>Thymus praecox</i> subsp. <i>arcticus</i> (Durand) Jalas = <i>Thymus praecox</i> Opiz subsp. <i>britannicus</i> (Ronninger) Holub	Mother of Thyme, Wild Thyme, Creeping Thyme	Dried flowers steeped for tea	Morton (1976), Facciola (1990), Lauderdale and Evans (1999), Newman and O'Connor (2009), and Stradley (2010)
<i>Thymus pulegioides</i> L.	Broad-Leaved Thyme, Lemon Thyme	Aromatic leaves and flowers used locally as condiment	Widodo (1999), Lauderdale and Evans (1999), Newman and O'Connor (2009), and Stradley (2010)
<i>Thymus quinquecostatus</i> Celak.	Japanese Thyme, Five-Ripped Thyme	Flowers edible	Widodo (1999), Lauderdale and Evans (1999), Newman and O'Connor (2009), and Stradley (2010)
<i>Thymus serpyllum</i> L.	Breckland Thyme, Wild Thyme, Creeping Thyme	Flowers edible	Widodo (1999), Lauderdale and Evans (1999), Newman and O'Connor (2009), and Stradley (2010)
<i>Thymus</i> spp.	Thyme	Flowers edible	Lauderdale and Evans (1999), Newman and O'Connor (2009), and Stradley (2010)

<i>Thymus vulgaris</i> L.	Common Thyme, Garden Thyme, Rubbed Thyme, Thyme	Fresh flowers in salads or garnish or as flavouring for honey. Flowering tops used for flavouring stuffings, soups, cheese, vinegar, gravies, sausages, etc.	Morton (1976), Facciola (1990), Burnie and Fenton-Smith (1996), Lauderdale and Evans (1999), Widodo (1999), Roberts (2000), Newman and O'Connor (2009), and Stradley (2010)
<i>Thymus × citriodorus</i> (Pers.) Schreb. ex Schweigg. & Koe.	Lemon-Scented Thyme, Lemon Thyme	Aromatic leaves and flowers used locally as condiment	Widodo (1999), Lauderdale and Evans (1999), Newman and O'Connor (2009), and Stradley (2010)
<i>Thymus zygis</i> L.	Moroccan Wild Thyme, Sauce Thyme	As above	Widodo (1999), Lauderdale and Evans (1999), Newman and O'Connor (2009), and Stradley (2010)
Lauraceae			
<i>Lindera obtusiloba</i> Blume	Japanese Spicebush, Blume	Young buds used as tea substitute called <i>jaku-zetsu cha</i>	Tanaka (1976) and Facciola (1990)
Lecythidaceae			
<i>Barringtonia edaphocarpa</i> Gagnep. = <i>Barringtonia acutangula</i> (L.) Gaertn. subsp. <i>acutangula</i>	Barringtonia, Stream Barringtonia, Indian Oak; Chikma Chik Nom Yam (Thai)	Young leaves and flowers eaten as fresh vegetables	Pongpangan and Poobrasert (1985)
<i>Careya sphaerica</i> Roxb. = <i>Careya arborea</i> Roxb.	Tummy Wood; Kra Don, Phak Kadron, Kradonbok, Kradonkhon, Khui, Phuk Kui, Puikradon, Pui-Khao (Thai)	The shoots are eaten raw with chilli sauce (<i>nam phrik</i>). The flowers are also served raw with <i>nam phrik</i> or with vermicelli and fish curry. The fruit is eaten fresh	JIRCAS (2010) and Maisuthisakul (2012)
Liliaceae			
<i>Calochortus aureus</i> S. Watson	Mariposa Lily, Golden Mariposa Lily	Flowers edible	Moerman (1998)
<i>Calochortus gunnisonii</i> S. Watson	Mariposa Lily, Gunnison's Mariposa Lily	Flower buds eaten raw, added to salads	Harrington (1974) and Facciola (1990)
<i>Calochortus macrocarpus</i> Douglas	Sagebrush Mariposa Lily	Flower buds eaten raw, has a sweet flavour	Moerman (1998)
<i>Calochortus nuttallii</i> Torr.	Sego Lily	Flowers and flower buds eaten raw, a tasty addition to the salad bowl	Clarke (1977) and Facciola (1990)
<i>Erythronium albidum</i> Nutt.	White Trout Lily, White Fawn Lily, White Dogtooth Violet	Flowers, flower buds and flower stems eaten raw or cooked	Facciola (1990)
<i>Erythronium americanum</i> Ker. Gawl	Dogtooth Violet, Trout Lily, Yellow Adder's Tongue	Flower buds and flower stems eaten raw or cooked	Facciola (1990)
<i>Fritillaria verticillata</i> Willd.	Fritillaria, Fritillary, Baimo	Petals and flower buds cooked, used in soups	Facciola (1990); Tanaka (1976)
<i>Hosta plantaginea</i> (Lam.) Asch.	Plantain Lily	Flowers cooked as a delicacy but requiring parboiling to detoxify	Hu (2005)

(continued)

Table 1 (continued)

Scientific name	English/Common vernacular name	Flower edible uses	Reference
<i>Lilium amabile</i> Palibin	Koma-Yuri, Korean Lily	Flower buds eaten cooked	Tanaka (1976), Kunkel (1984), and Facciola (1990)
<i>Lilium brownii</i> F.E. Br ex Meillez	Hong Kong Lily	The dried flower petals are used as a flavouring in soups	Herklots (1972), Altschul (1973), and Facciola (1990)
<i>Lilium concolor</i> Salisb.	Morning Star Lily	Flowers edible	Stuart (1979)
<i>Lilium dauricum</i> Ker.-Gawl. = <i>Lilium pensylvanicum</i> Ker Gawl.	Dauricum Lily, Candlestick Lily	Flowers edible	Komarov (2006)
<i>Lilium formosum</i> Lem. = <i>Lilium pensylvanicum</i> Ker Gawl.	Candlestick Lily	Flowers, also bulbs, leaves and stems are edible	King (2007)
<i>Lilium lancifolium</i> Thunb.	Tiger Lily	Flowers eaten raw or cooked, used fresh or dried in salads, soups, rice dishes, etc.	Herklots (1972), Bryan and Castle (1975), Tanaka (1976), and Facciola (1990)
<i>Lilium longiflorum</i> Thunb.	White Trumpet Lily, Trumpet Lily, Easter Lily	Flower buds eaten	Tanaka (1976), Kunkel (1984), and Facciola (1990)
<i>Lilium maculatum</i> Thunb.	Maculatum Lily; Sukashiyuri (Japanese)	Flower buds cooked	Tanaka (1976)
<i>Lilium sargentiae</i> E.H. Wilson	Sargent's Lily	Flowers consumed in parts of China	Uphof (1968), Tanaka (1976), and Facciola (1990)
<i>Tulipa gesneriana</i> L.	Tulip	Flowers consumed as below	Roberts (2000) and Deane (2007–2012b)
<i>Tulipa</i> spp.	Tulip	Flowers used in salads, crystallized, garnish stuff whole flowers with a shrimp or chicken salad; add strips of petals to salads or sandwiches for that added touch of colour	Lauderdale and Evans (1999), Roberts (2000), Micek and Rop (2011), and Deane (2007–2012b)
Loranthaceae			
<i>Nuyisia floribunda</i> R.Br.ex G. Don	Christmas Tree	Flowers soaked in water to make a sweet drink	SERCUL (2011)
<i>Tupia antarctica</i> (G.Forst.) Cham. & Schltld.	Taapia, Tupia, White Mistletoe	Flowers edible	Brooker et al. (1989), Crowe (1990), and Fern (1992–2003)
Lythraceae			
<i>Punica granatum</i> L.	Pomegranate, Granada, Anar	Flowers eaten in Thailand	Wongwattanasathien et al. (2010)
<i>Sonneratia caseolaris</i> Gaerth	Mangrove Apple, Crabapple Mangrove, Red-Flowered Apple Mangrove	As above	Wessapan et al. (2007)
<i>Woodfordia fruticosa</i> (L.) Kurz.	Fire-Flame Bush, Shinajitea, Woodfordia	In India (Garhwal Himalayas) flowers sucked for nectar	Gupta (1962)

Magnoliaceae				
<i>Liriodendron tulipifera</i> L.	Tulip Tree, American Tulip Tree, Tulip Poplar, Whitewood, Fiddle Tree, Yellow Poplar	Flowers abundant in honey which can be drunk directly from the blossoms		Deane (2007–2012o)
<i>Magnolia coco</i> (Lour.) DC.	Chinese Magnolia; Yeh-Ye-Hua (Chinese)	Flowers used to scent tea		Tanaka (1976) and Facciola (1990)
<i>Magnolia denudata</i> Desr.	Yulan Magnolia White Magnolia; Bai-Yu-Lan (Chinese)	Fresh petals of partially opened flowers dipped in batter and deep-fried, calyx removed from flower bud, pickled and used for flavouring		Hedrick (1972), Facciola (1990), and Hu (2005)
<i>Magnolia grandiflora</i> L.	Southern Magnolia, Evergreen Magnolia, Loblolly Magnolia	Flowers are pickled in some parts of England and are also said to be used as a spice and a condiment		Hedrick (1972), Tanaka (1976), and Facciola (1990)
<i>Magnolia kobus</i> DC.	Kobushi Magnolia, Northern Japanese Magnolia, Kobus Magnolia, Mountain Magnolia; Kobushi, Hsin-I (Japanese)	Flowers and flower buds eaten cooked		Tanaka (1976), Kunkel (1984), and Facciola (1990)
<i>Michelia alba</i> DC.	Joy Perfume Tree, White Champak, White Jade Orchid Tree, Pak-Lan, Banana Shrub; Ginko-Boku (Japanese)	Flowers used for scenting tea		Tanaka (1976) and Facciola (1990)
Malvaceae				
<i>Abelmoschus manihot</i> (L.) Medik.	Sunset Hibiscus, Sunset Muskmallow, Sweet Hibiscus; Qiu Kui (Chinese)	Flowers used in soups, flower buds eaten		Tanaka (1976), Ochse and van den Brink (1980), Facciola (1990), and Hu (2005)
<i>Abelmoschus esculentus</i> (L.) Moench	Okra, Gumbo, Lady's Finger	Blossoms are shy on taste but add colour and texture to salads as well as an attractive garnish; flower buds, flowers and calyces cooked as greens		Hedrick (1972), Halpin (1978), Facciola (1990), Lauderdale and Evans (1999), Newman and O'Connor (2009), and Deane (2007–2012g)
<i>Abelmoschus moschatus</i> Medik.	Musk Okra, Musk Mallow	Edible flower pigment and used in flower tea		Puckhaber et al. (2002)
<i>Abutilon esculentum</i> A. St. Hil. = <i>Bakeridesia esculenta</i> (A.St.-Hil.) Monteiro	Purple-Flowered Indian, Mallow Night Flowering Maple	Brazilians eat the petals as vegetables		Hedrick (1972)
<i>Abutilon guineense</i> (Schumach.) Baker f. & Exell = <i>Abutilon indicum</i> var. <i>guineense</i> (Schumach.) K.M.Feng	Country Mallow, Monkey Bush	Flowers eaten raw		Uphof (1968), Hedrick (1972), Tanaka (1976), and Facciola (1990)
<i>Abutilon indicum</i> (Link) Sweet	Indian Abutilon, Indian Mallow	Flowers eaten in Andhra Pradesh, India, raw flowers eaten in Arabia		Hedrick (1972) and Reddy et al. (2007)

(continued)

Table 1 (continued)

Scientific name	English/Common vernacular name	Flower edible uses	Reference
<i>Abutilon megapotamicum</i> (A. Spreng.) St. Hil. & Naudin	Trailing Abutilon	Flowers eaten cooked as a vegetable	Lovelock (1973), Facciola (1990), and Fern (1992–2003)
<i>Abutilon ochsenii</i> (Phil.) Phil. = <i>Corynabutilon ochsenii</i> (Phil.) Kearney.	Abutilon; Chile-Samtpappel (German)	Flowers edible	Hedrick (1972) and Fern (1992–2003)
<i>Abutilon purpurascens</i> (Link.) Schum. = = <i>Bakeridesia esculenta</i> (A.St.-Hil.) Monteiro	Purple-Flowered Indian, Mallow Night Flowering Maple	Flowers cooked as vegetable	Hedrick (1972), Tanaka (1976), and Kunkel (1984)
<i>Abutilon vitifolium</i> (Cav.) C. Presl = <i>Corynabutilon vitifolium</i> (Cav.) Kearney	Abutilon, Chinese Bell Flower, Flowering Maple	Flowers edible raw	Fern (1992–2003)
<i>Abutilon x hybridum</i> hort. ex Voss	Chinese Lantern, Flowering Maple, Parlour Maple	Flowers eaten raw or cooked on their own or as part of a mixed salad	Fern (1992–2003)
<i>Abutilon x milleri</i> auct.	Trailing Abutilon	Flowers eaten raw or cooked on their own or as part of a mixed salad	Fern (1992–2003)
<i>Abutilon x sumentense</i> C.D. Bricknell = <i>Corynabutilon x sumentense</i> (C. Bricknell) Fryxell	Indian Mallow, Flowering Maple	Flowers edible raw	Fern (1992–2003)
<i>Adansonia digitata</i> L.	African Baobab, Baobab, Bottle Tree, Cream of Tartar Tree, Dead-Rat Tree, Ethiopian Sour Tree, Judas Fruit, Monkey Bread Tree, Senegal Calabash, Sour Gourd, Upside Tree	Flowers eaten raw or used to flavour drinks	Lim (2012a)
<i>Alcea rosea</i> L.	Hollyhock	Flower petals and flower buds eaten raw; added to salads; a refreshing tea is made from the petals	Hedrick (1972), Lust (2001), Tanaka (1976), Kunkel (1984), Kasumov (1984), Facciola (1990), Roberts (2000), Lauderdale and Evans (1999), Newman and O'Connor (2009), and Deane (2007–2012h)
<i>Althaea officinalis</i> L.	Marsh Mallow, Common Marshmallow	Flowers eaten raw or cooked; a tea is made from the flowers, flowers were the base of a famous confection <i>pâté de gimaive</i>	Maccicol (1967), Hedrick (1972), Facciola (1990), and Deane (2007–2012h)
<i>Althaea rosea</i> (L.) Cav. = <i>Alcea rosea</i> (L.) Cav.	Hollyhock	As for <i>Alcea rosea</i>	As for <i>Alcea rosea</i>
<i>Bombax buonopozense</i> P.Beauv	Red-Flowered Silk Cotton Tree	Fleshy mucilaginous calyces eaten in soups or used in sauces as substitute for roselle	Dalziel (1937), Uphof (1968), and Facciola (1990)