

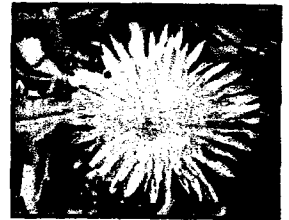
# EDIBLE FLOWERS FOR US PARROTS



## ***MOST POPULAR EDIBLE FLOWERS***

(These are the most commonly consumed flowers of the eighty edible varieties.)

- Borage blossoms (*Borago officinalis*)—Tiny blue flowers have slight cucumber flavor.
- Calendula flowers (*Calendula officinalis*)—Also known as "pot marigolds", multi-colored blooms with a peppery taste. Sometimes called "poor man's saffron"
- Carnation flowers (*Dianthus caryophyllus*)—Red, pink, and white blossoms with clove taste.
- Chamomile flowers (*Chamaemilum nobile*)—Daisy-like flowers with a slight hint of apple flavor. Especially good for parrots when calming influence is needed.
- Chives (*Allium schoenoprasum*)—the lavender-pink pom pom flower is actually composed of many small florets. Flowers have a mild onion flavor.
- Daisies (*Bellis perennis*)—Yellow and white flowers with light mint or clover flavor.
- Dandelion flowers - pictured (*Taraxacum officinale*)—Small yellow blossoms have honey flavor when picked young. Older flowers are bitter but my *Eclectus* parrots do not seem to notice. Also offer the dandelion leaves which are an excellent source of nutrition.
- Day lilies (*Hemerocallis*)—Many colored blossoms with sweet taste and crunchy lettuce texture. Flower buds and blossoms can be consumed at all stages of growth. Note: Many lilies (*Lillium* species) contain alkaloids and are NOT safe for parrots or people.
- Elderberry flowers (*Sambucus canadensis*)—Sweet tasting flowers. For colds and chills, Gypsies mix elderberry flowers, yarrow and peppermint and steep in boiling water for 13 minutes, and drink tea frequently.
- Gladiolus (*Gladiolus* spp.) Flowers of many colors grow on a spike with flowers above each other, all usually facing the same way. Has lettuce texture and flavor.
- Hibiscus flowers (*Hibiscus rosa-sinensis*)—Tropical blossoms in a variety of colors have slightly acidic taste. One of the favorite flowers of most parrot species.
- Honeysuckle flowers (Japanese *Lonicera japonica*)—Small white to



## EDIBLE FLOWERS CONTINUED...

- Impatiens (*Impatiens wallerana*)—Multi-color small blooms with mild taste.
- Johnny-Jump-Up flowers--(*Viola tricolor*) Yellow, violet, and lavender flowers with wintergreen flavor. Leaves are also edible and contain vitamin C.
- Lilac (*Syringa vulgaris*)--Lavender blossoms have heavy floral fragrance and lemon flavor.
- Marigolds flowers (*Tagetes signata pumila*)—Bright yellow and orange flowers with citrus flavor.
- Milk thistle (*Silybum marianum*)—Purple flowers are edible as well as leaves and seeds which are known for benefits to liver.
- Nasturtiums (*Tropaeolum majus*)--Red, yellow, and orange flowers have a tangy, peppery flavor and are the most popular of all edible flowers. Leaves can be eaten too.
- Pansies (*Viola X Wittrockiana*)—Purple, white, yellow bi-color blooms have a sweet, tart flavor.
- Passionflowers - pictured (*Passifloraceae* - passion flower family)--*Passiflora caerulea* and *Passiflora edulis* are two of the hundreds of varieties. Some vines produce large greenish white and purple blossoms and then orange or purple edible fruit, depending upon the variety of the plant. \*See website below with information and photos of 200 Passionflower varieties.
- Roses (*Rosa spp*)—Some of the tastiest rose varieties are *Rosa xdamascena*, *Rosa gallica*, and *Rosa rugosa*, Flower carpet rose, Double Delight, Mirandy, and Tiffany variety. Roses have a slight fruity flavor.
- Sage (*Salvia officinalis*)—Lavender-blue flower spikes grow only on the culinary variety. The variegated species of sage do not flower. Flowers have distinctive sage flavor.
- Other herb flowers—The tiny flowering blooms of the following spices are edible: anise, basil, bee balm, chives, coriander (cilantro), dill, fennel, garlic, oregano, rosemary, and thyme.
- Sunflowers (*Helianthus*)--Many varieties but most have yellow leaves around a "black eye" center. Mature flowers contain the seed that all parrots find so irresistible!
- Tree flowers—Parrots can be offered the flowering blooms of the following trees: Apple, bottlebrush, citrus (orange, lemon, lime, grapefruit, kumquat), eucalyptus, melaleuca, and plum.
- Tulips (*Tulipa spp.*)—Multi-color flowers with crisp cucumber taste.

