Edibles in the border

**Foliage**

Allium tuberosum (garlilc chives)

Aronia – berries

Atriplex hortensis Rubra (purple Orache)

Beta ‘Bulls Blood’

Bunium bulbocastaneum (earth chestnut)

Cynara cardunculus (cardoon)

Chard

Chicory – flowers and roots roasted

Dill – leaves and seeds

Fennel – leaves and seeds

Hazelnuts , purple leaved

Hostas - flowerbuds and stems

Kale, Red Russian, Winterbor, curly etc

Land Cress

Leeks (bud stem is best part)

Malabar Spinach

Ornithogalum pyrenaicum (Bath Asparagus)

Perilla

Rocket, annual or perennial

Peltaria alliaceae –young leaves

Sambucus (Elderberry)

 – flowers and berries

Seakale – young shoots and leaves

Sorrel – young leaves

Herbs – leaves and flowers

**Fruits**

Grapes

Passionfruit

Strawberries

Wild Strawberries

**Flowers**

Agastache – flowers

Angelicas - leaves, stems & flowers

Antirrhinums (Snapdragons)

Artichokes, globe - buds

Artichokes, Jerusalem - roots

Beans, Scarlet Runner, Painted Lady etc

Begonia – flowers

Borage – flowers

Romanesco Broccoli

Calendula ovvicinalis (Pot marigold) - petals

Campanula - flowers

Canna - tubers roasted !

Cardoon- young shoots blanched

Chicory – buds or flowers

Chives – leaves and flowers

Codonopsis - roots

Coloured cauliflowers

Centaurea cyanus (annual cornflower) petals

Dahlia - tubers !

Dandelion – buds and young flowers

Dianthus - petals only

Eryngium (Sea Holly) – roasted roots,

 blanched shoots

Fuchsia - flowers

Hemerocallis (day lilies)

– flowerbuds & young shoots

Hesperis matronalis (Sweet Rocket)

Impatiens capensis - flowers and seeds

Impatiens walleriana (buzy Lizzie) - flowers

Monarda (Bee Balm)– flowers, & leaves for tea

Myrrhis odorata (Sweet Cicely) - seeds

Nasturtium – flowers and pickled seeds

Peas (not Sweet Peas)

– flowers & young shoots

Phlox paniculata (tall perennial phlox) – flowers

Polygonatum (Solomons Seal)

- young shoots and tubers

Primrose – flowers

Sage – several ornamental forms

Sanguisorba minor (Burnet) - leaves

Rose - petals

Smyrnium olusatrum (Alexanders) – shoots

Sunflowers – buds & seeds

Viola