

THEORY

PLANTS and their parts ARE EITHER

EDIBLE

Cooked
Dried
Raw
Daily diet
Survival

NOT EDIBLE

Tastes bad
Diarrhea/Vomit
Won't kill you
Hallucinogen

TOXIC

Dead now
Carcinogen
Inhibits ->
-absorption
-nerve impulse

MEDICINAL

While they are not eaten, plants that are **NOT EDIBLE** or are considered **TOXIC** are often used medicinally, in addition to the **EDIBLE** plants who also often have medicinal qualities (for example, burdock root/seed, nettles, chickweed, purslane).

CONTROVERSIAL

Edible or not? Depending upon preparation and species (e.g. Lupine (species and prep), bracken fern (prep and quantity)).

ALLERGIES

And then there are allergies, which are about you, not the particular plant; although some plants are more likely allergens than others.

Edible Flowers		Inedible Flowers
Anise hyssop		Azalea
Basil		Boxwood
Bee balm		Burning Bush
Borage		Caladium
Calendula		Clematis
Chamomile (annual)		Cosmos
Chives		Daffodil
Chrysanthemum leucanthemum		Delphinium
Dianthus		Elephant Ears
Dandelion		Four o'clocks
Daylily buds		Foxglove
Eastern redbud		Hyacinth
Johnny jump-ups		Hydrangea
Lavender		Iris
Lilacs		Ivy (English Ivy)
Marigold (Signet)		Jack in the Pulpit
Mint		Lantana
Nasturtium		Lily of the Valley
Pansies		Lily, Tiger Lily
Peas (Vegetable)		Lily, Easter
Roses		Lobelia
Rosemary		Morning glory
Sage		Mountain Laurel
Scented geraniums		Periwinkle
Squash blossoms		Rhododendron
Sunflower		Sweet pea
Thyme		Wisteria
Violas		