

Natural Bird Feeders

As your sunflower heads dry, the seeds will loosen. You and your kids can pull out some seeds to make happy faces or other designs with the flower heads. You can also leave the dry flower heads standing in your garden and watch as birds begin to congregate and eat the seeds right out of the flower head.

A PALATE FOR POSIES: safe edible flowers



These edible floral jewels were picked by little fingers.

EDIBLE BLOSSOMS are often used as a decorative garnish. When introducing them into a young child's diet, choose only flowers

that you have grown, as you don't know what has been sprayed on store-bought bouquets. Watch carefully the first time you or your child tries a new kind—flower petals, like other new foods, can cause allergic reactions. Remind your kids

Cook's Confetti: Edible Flowers

Edible flowers allow us to bring the beauty of the garden into the kitchen, adding rich colors to salads, entrees, and even beverages. You may choose to plant edible flowers all together in a single bed or intersperse them throughout your garden. Consult a local garden center or planting guide to find varieties that will thrive in your area. A fun challenge can be to seek out an edible flower in every color of the rainbow, or varieties that bloom in various seasons. Your kids will delight in contributing to family meals by sprinkling the petals over salads, into pitchers of water, or along the edges of plates.

that not all flowers are edible, so before eating any flower out of the garden, they should show it to you first. Eat only the petals of the flower, and sample in moderation. Here are a few blossoms that are safe and fun to nibble.

Red: bachelor button, carnation, daylily, nasturtium, scabiosa

Orange: calendula, carnation, daylily, marigold, nasturtium

Yellow: calendula, carnation, daylily, marigold, nasturtium, viola

Green: broccoli (flower bud)

Blue/Purple: bachelor button, borage, chive, daylily, garlic, lavender, onion, viola

White: bachelor button, carnation, cauliflower (flower bud), chamomile, citrus, daylily, garlic, mints, onion, pineapple guava, stock

