Three Beautiful, Beneficial, Edible Flowers

These three flowers may look beautiful in your garden, but their value is not limited to their ornamental use. They also provide a variety of health benefits.

Pansies Are Antibacterial



These brightly colored flowers – usually blooming purples and yellows – are characterized by large interloping petals that sometimes remind you of a butterfly and at other times look like a face. But above all, they'll take you back to your Alice in Wonderland days.

Among a number of health perks of the flower, they are best known for their antimicrobial properties and are commonly used as an ingredient in skin care creams and ointments. They can also be used to counter a number of bacterial infections in the digestive tract.

The flower's antitussive properties make it a great addition to your diet plan if you're suffering from respiratory conditions such as asthma and bronchitis. Not to mention, the petals are rich in antioxidants and flavonoids that can help treat cancers and tumors.

The entire flower is edible, but the petal has a milder flavor in contrast to the whole that is more wintergreen-like. An entire flower before a meal is a good idea, especially if thrown into a salad. The flower can also be boiled in water to make pansy tea, a popular way of taking in the pansy's nutritional goodness.

Hibiscus and the Heart



Maybe it's not a contender in the scent department, but if there's any flower that can give the rose one hell of a beauty complex, it's the hibiscus. Characterized by five wide open petals with the flowering reproductive parts protruding out like the Eiffel tower, these flowers come in an unmatched variety of hues, from stark solids to heavenly melanges. The combinations are breathtaking, but what makes them even more outstanding is their ability to moderate blood pressure and cholesterol. In addition, the hibiscus flower is a source of Vitamin A and C, thus adding a bit of goodness for the eyes along with cancer preventing and immunity boosting properties.

Hibiscus is best consumed in the form of a tea. The petals can also be added as a garnish to salads and juices in thin strips, but be aware that their distinctively sharp taste tends to overpower other savory flavors.

Marigolds Have Big Cancer-fighting Properties



While many varieties of marigolds are mostly ornamental, the calendula variety packs nutritional goodness. Marigolds get their bright orange and yellow color from a high concentration of carotenoids in their petals. Carotenoids are very powerful antioxidants known for their ability to counter free radicals in our body and boost our immune system while also significantly reducing the risk of developing cancers in the future.

These big orange beauties have a slightly bitter taste that is followed by a subtle hint of sweetness. The best way to incorporate the nutritional value of their antioxidant content into your diet is by drying their leaves into a spice.

You can also choose to eat the entire flower minus the green base, but avoid this choice if you have breathing difficulties or asthma, as the large amounts of pollen will might make it worse.

Recommended Reading:

- *Things You Should Know About Garlic – DIY, Recipes, Other Tips*
- *Repel Mosquitoes by Cultivating Marigolds*
- *How Echinacea Boosts the Immune System*

- *Companion Plants for Organic Gardening*