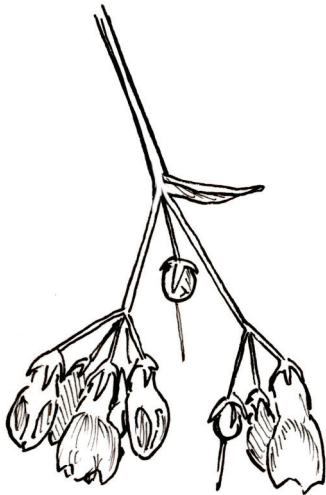




Mini Guide to Edible flowers Zine

An illustrated guide exploring some
edible flowers in Alaska and a few
ways to use them

By Kristin Link
June 2020



Wild Rose

Rosa acicularis

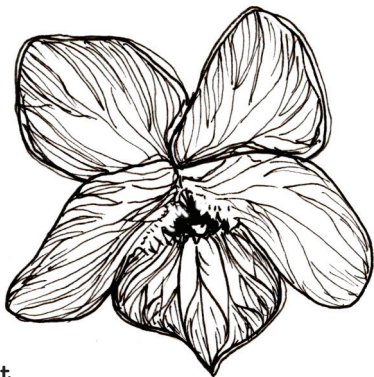
Heart-shaped rose are lightly astringent and will lift one's spirits in early summer. They are good in baked goods, teas, macerated in sugar, or in vinegars and honeys (or both for a nice shrub).



Bluebell

Mertensia paniculata

These blue flowers are great to brighten up a salad or top a cake, especially next to some spicy orange nasturtiums from the garden.



Violet

Viola sp.

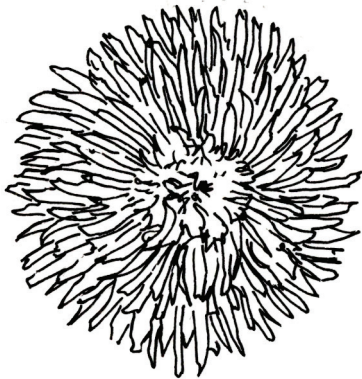
Add these lovely flowers as a garnish for salads or desserts. Just two violets fulfill your daily does of Vitamin C. They can also be made into a beautiful purple syrup or tincture (with purple violets)

Red Clover

Trifolium pratense

Makes a refreshing tea which you can freeze into popsicles. Mix the flowers into the dough of cookies or scones. You can also sprout the seeds to add to salads!





Dandelion

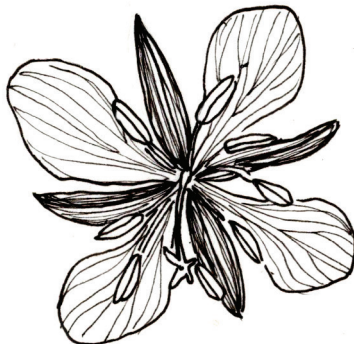
Taraxacum officinale

Take the yellow petals off a dandelion head and mix them into cakes, scones, or even a homemade mustard.

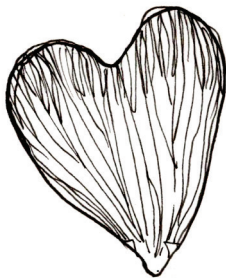
Fireweed

Chamerion angustifolium

The pink flowers from fireweed or River beauty can be used as a garnish for salads, desserts, or other dishes. They can also be made into a ruby syrup which is wonderful on blueberry pancakes.



NOTE: There are wild plants and greens that are toxic, so it is recommended to use a field guide and a trusted expert while learning. Please be mindful and respectful when harvesting wild plants.



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Further reading and references:

Discovering Wild Plants by Janice J. Schofield,
1989 Eaton

The Boreal Herbal by Beverley Gray, 2011
Aroma Borealis Press

Tanaina Plantlore by Priscilla Russel Kari,
1995 Alaska Natural History Association