



## HEALTH BENEFITS OF EDIBLE FLOWER

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### Introduction

Edible flowers serve as both culinary enhancements and sources of nutritional benefits. Beyond their aesthetic appeal, these flowers offer various health advantages, including anti-inflammatory properties, immune system support, and skin health improvement. Notable examples include nasturtium, rich in vitamin C; hibiscus, known for its antioxidants and heart health benefits; chive blossoms, which provide vitamins A and C; and borage, recognised for its gamma-linolenic acid content. Incorporating edible flowers into the diet not only elevates flavour and presentation but also contributes to overall wellness, highlighting their multifaceted role in nutrition and health.

**Key words:** Edible flowers, culinary enhancement, nutritional benefits, Health advantages, skin health improvement, chive blossoms.

### Introduction

In this culinary world, people mostly use edible flowers, which elevate the visual appearance of dishes and create a memorable dining experience. Edible flowers are traditionally consumed in many countries. The use of edible flowers dates back thousands of years, with various cultures incorporating them into their diets for flavour, colour, and medicinal properties.

History of Ancient Civilisations: Egyptians used flowers like hibiscus in tea and as decorations in culinary dishes. They also believed Certain flowers had divine propeteres now a day.

### Food Presentation

#### 1) Garnishing

Use edible flowers as a garnish on plates. Place them strategically alongside the main dish or a top sauce to add colour and texture. Use larger flowers (nasturtiums or peonies) to crown a dish. Making it the focal point

#### 2) Desserts

Cake decoration: use edible flowers to decorate cakes and pastries. Place them on top or around the base for an elegant touch. Crannish ice cream or sorbet with small edible flowers like violets or lavender for a delicato finish

#### 3) Salads

Mixed greens. Toss a variety of edible flowers into salads for a burst of colour and lower into salads for a burst of color and flavor. Flowers like pansies, Nasturtiums, and violets work well. Create layers of greens and flowers in a clear bowl to showcase their colours.

### Health Benefits

#### Anti-inflammatory Properties

Certain flowers, like chamomile and calendula, have antioxidant properties that may help reduce inflammation and promote healing.

#### Immune Support

Flowers like elderflower are often used in traditional medicine to boost the immune system and fight off colds and infections.

## Skin health

Many edible flowers, including rose and calendula, have beneficial properties for skin health and are often used in skincare products for their soothing effects.

## Examples

### Nasturtium-rich in vitamin C, peppery flavour

- **Hibiscus:** Rich in antioxidants, it helps lower blood pressure.
- **Chine blossoms:** rich in vitamins A and C, mild onion flavour
- **Borage:** High in gamma linolenic acid, support heart health.

## Flavour extraction

Flavour extraction from edible flowers can be achieved through various techniques depending on the desired result and the type of flowers. Here are some common methods.

### Infusion

Steep the edible petals in a liquid such as water, oil, or alcohol to extract their flavour.

### Distillation (Hydrosols)

The method is used to extract essential oils and aromatic waters from flower flowers through steam distillation.

### Tinctures (Alcohol Extraction)

Soak the flower in alcohol to extract both flavour and active compounds.

### Sugar or salt infusion

Dry the edible flowers and mix them with sugar or salt to create a flavourful blend.

### Syrups

Create sweet, floral syrup by dissolving sugar into a flower-infused liquid.

## Conclusion

Using edible flowers in food presentation not only enhances aesthetics but also adds unique flavours and texture to the dish. Incorporating edible flowers into your diet can provide numerous health benefits while adding beauty and flavour to your meals. The discovery of their edibility likely arose from careful observation and experimentation, leading to their incorporation into various cultural cuisines. Today edible flowers continue to enhance dishes, symbolising a blend of tradition and innovation in cooking.

## References

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