10 EDIBLE FLOWERS FOR YOUR VEGETABLE GARDEN

Companions · placements · protectors

NASTURTIUM

- **Companions:** Tomatoes, beans, peppers
- **Benefit:** Lures aphids away as a trap crop; draws in ladybugs
- **Placement:** Near vulnerable plants — let it sprawl freely
- **Edible:** Leaves, flowers & seeds — bold, peppery flavor

CALENDULA

- **Companions:** All vegetable beds
- **Benefit:** Root secretions eliminate nematodes; attracts aphid-eating hoverflies
- **Placement:** Border ring around vegetable beds
- **Edible:** Petals — mild, floral; natural saffron substitute

LAVENDER

- **Companions:** Brassicas (cabbage, broccoli, kale)
- **Benefit:** Disorients whiteflies, moths & cabbage loopers
- **Placement:** Corners of vegetable beds
- **Edible:** Flowers & leaves — sweet, floral; use sparingly

SWEET ALYSSUM

- **Companions:** All vegetables
- **Benefit:** Attracts ground beetles that consume slugs & caterpillar eggs overnight
- **Placement:** Living carpet between plant rows — low ground cover
- **Edible:** Flowers — delicate, mild honey flavor

CHAMOMILE

- **Companions: Brassicas, onions, cucumbers**
- **Benefit:** Releases calcium into soil; measurably improves neighbor plant growth
- **Placement:** Scattered throughout beds — let self-seed
- **Edible:** Flowers — classic herbal tea, apple-like taste

SUNFLOWER

- **Companions:** Pole beans, cucumbers, lettuce
- **Benefit:** Natural living trellis; shades soil to lock moisture; pollinator magnet
- **Placement:** Center of vegetable bed — grows up, others climb
- **Edible:** Petals & seeds — nutty; harvest late summer

BORAGE

- **Companions: Tomatoes (primary)**
- **Benefit:** Deters hornworms; dramatically increases bee visitation
- **Placement:** Directly alongside tomato rows
- **Edible:** Flowers & young leaves — fresh cucumber-like flavor

ECHINACEA

- **Companions:** Tomatoes, peppers
- **Benefit:** Stimulates soil microbial activity; attracts native bees & monarchs
- **Placement:** Near tomatoes and peppers — mid-bed or border
- **Edible:** Petals & roots — earthy, immune-supporting

MARIGOLD

- **Companions:** All vegetables (universal guardian)
- **Benefit:** Root toxin eliminates nematodes; scent deters whiteflies, aphids & thrips
- **Placement:** Southern boundary of garden — full perimeter works best
- **Edible:** Petals — citrusy, slightly bitter; natural food dye

ROSE (Pair with Garlic — They Protect Each Other)

- **Companions:** Garlic (interplant directly)
- **Benefit:** Attracts pollinators; garlic partnership repels aphids, black spot fungus & Japanese beetles
- **Placement:** Garden boundary, gateways, or corners — anchors the space energetically
- **Edible:** Petals & hips — deeply floral; teas, desserts & infusions

Disclaimer: Always ensure proper identification and safety before consuming any flower.