



BLOOMING KNOWLEDGE: PROVIDING EDUCATION ON EDIBLE FLOWERS TO NORTHERN COLORADO LARIMER COUNTY

PROJECT INTRODUCTION



Figure 1. Edible marigold plot (*Tagetes patula* 'Queen Sophia')

Edible flowers are a crop sector on the rise. The market is expected to grow annually by 5.2% and reach a value of \$660 million by 2032 (Singh 2025). Edible flowers are more than aesthetics and they can provide benefits to your garden and your health. The largest challenge that producers experience is a lack of public knowledge (Lee 2025).

This internship looked to address this challenge by bringing edible flower education to the public. CSU offers many ways to connect to the community including through its SPUR campus and Extension.

INTERNSHIP GOALS

- Disseminate edible flower information to the public at community events
- Create growing cards of ornamental edible flower species that can empower the public to grow them at home

HOW DOES THIS APPLY TO YOUR EDUCATION

An important aspect of scientific research is being able to share the results with general audiences. This internship helped me develop skills in Extension writing and presenting which will be necessary for my desire to work at a Land Grant university.

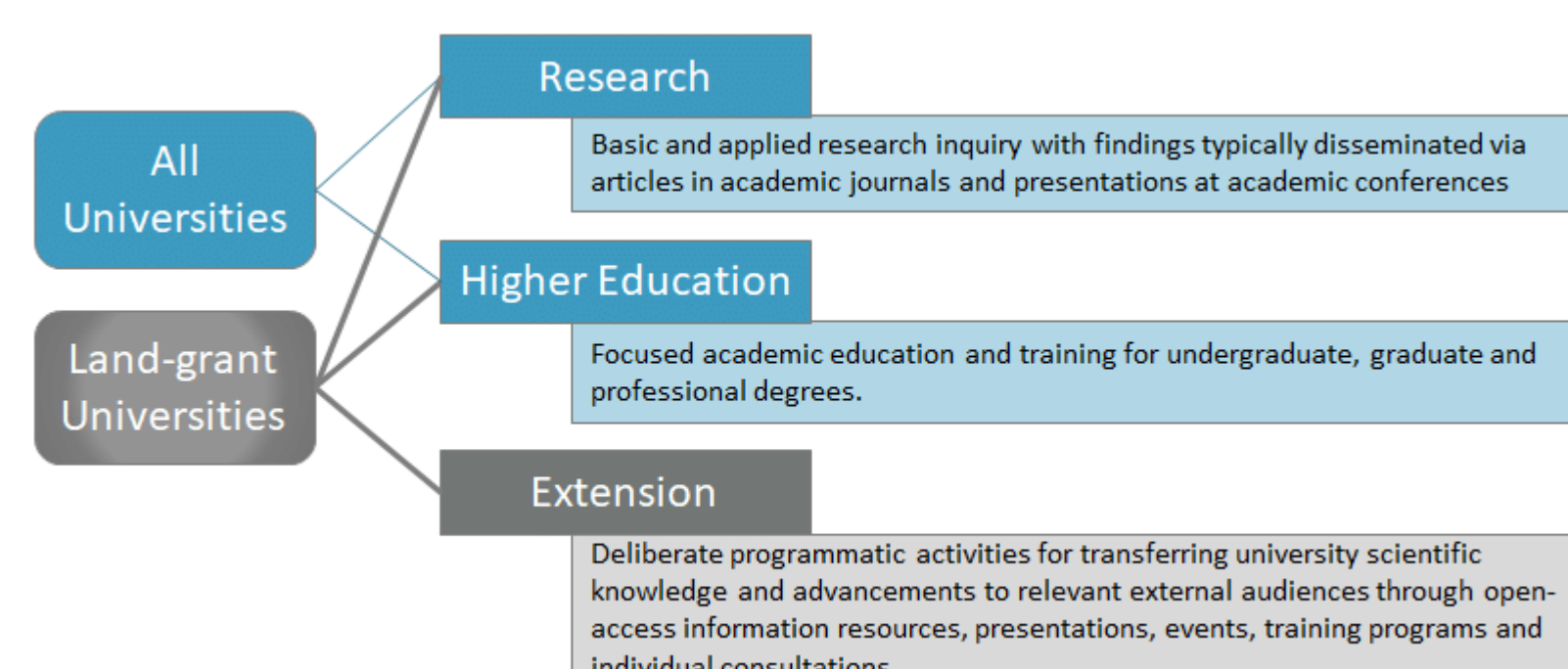


Figure 2. Land grant university benefits (Tripp & Cummings 2019)

WHAT YOU DID

Public Outreach Events



Figure 3. SPUR Second Saturdays

- Tabled at the SPUR Second Saturday July event
- Conducted a survey that included a flower tasting
- 39 children and 51 adults completed the whole survey



Figure 4. Windsor Farmer's Market

- Tabled at the Windsor Farmer's market with Weld County Extension and Master Gardeners
- Conducted a tasting and interactive posterboard survey
- 1 child and 18 adults completed the tasting

Edible Flower Growing Sheets

Growing Edible Flowers

FLAVOR NOTES

- Citrus, spicy

SEEDING TIMES

- Indoors: 6 weeks before last frost
- Direct sow: 2 weeks before last frost

PLANT SPACING

- 18-24" apart
- This is a spreading plant

HOW TO HARVEST

- Harvest flowers when the floral structure has fully expanded
- Cut flower off the stem where it begins to branch
- Collect the flowers in the morning to avoid water loss
- Rinse the flower and remove all stem material
- Serve fresh or dried depending on the recipe

Buzz Buttons

USES


- Beverages, desserts, frozen treats
- Produces a temporary tingling and numbing sensation

LIGHT PREFERENCES

- Part shade to full sun

FLOWERING PERIOD

- June through October



Acmella oleracea

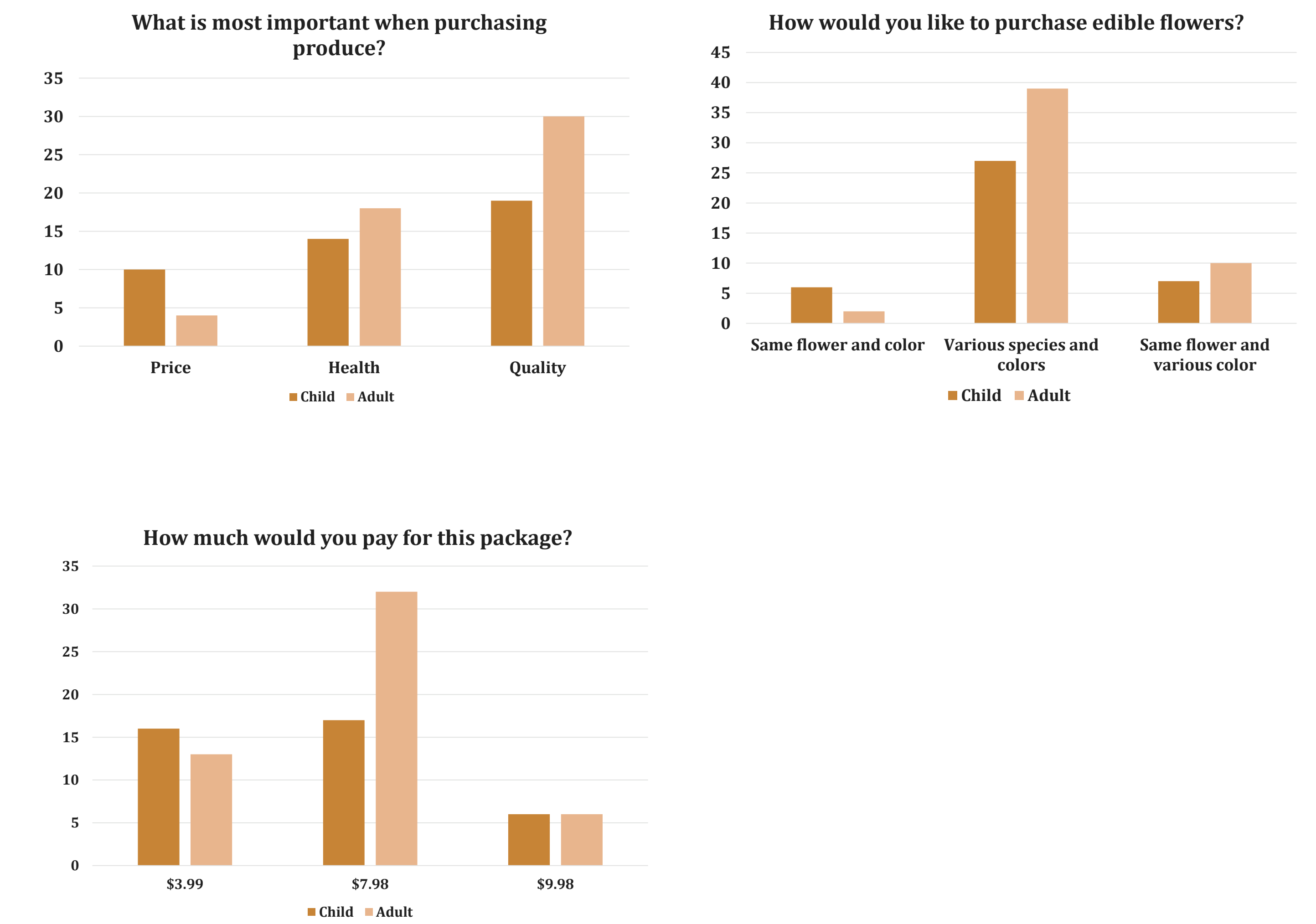
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Figure 4. Buzz button growing card

- Identified 12 edible flower species that are of public interest and traditionally grown ornamentally
- Created growing cards for the 12 species that includes information on seeding times, plant spacing, light preferences, flowering period, flavor notes, and culinary uses

WHAT YOU LEARNED

Consumer Preferences About Edible Flowers



What edible flower species did you prefer?

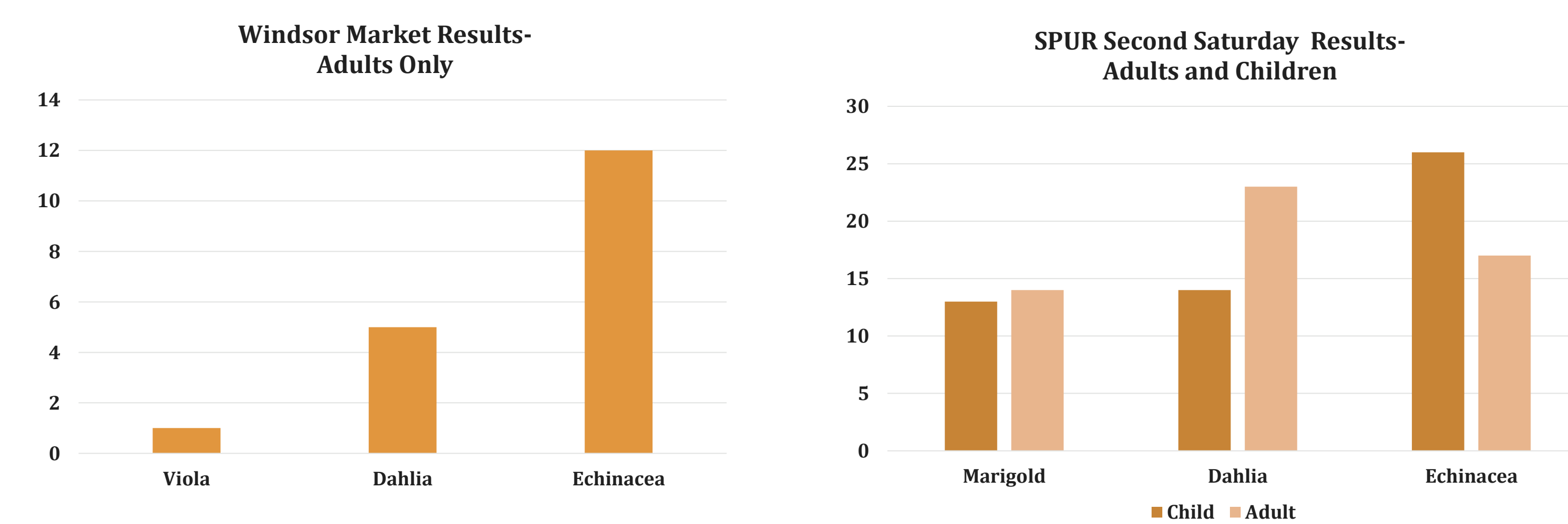


Figure 5. Results of the tabling surveys

NEXT STEPS

- Add recipes to the growing cards to provide ideas on how edible flowers can be added to diets
- Make the growing cards accessible through CSU Extension
- Continue presentations and tabling to reach further audiences