



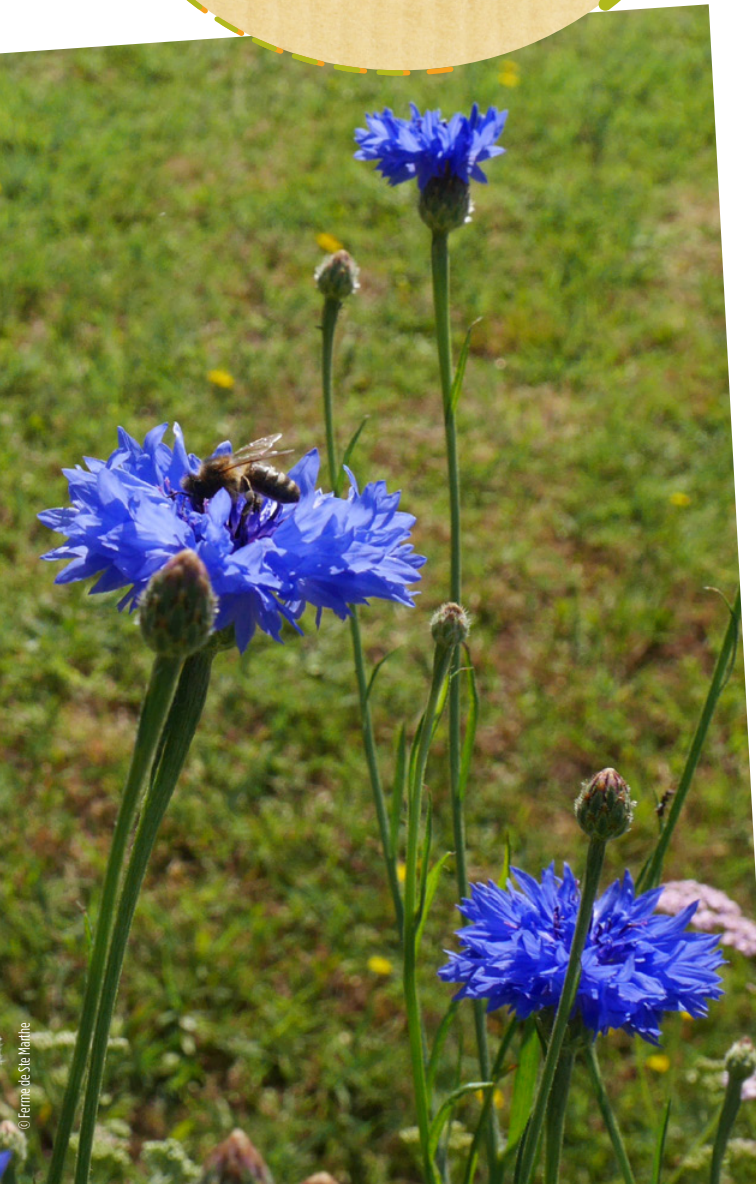
FLOWERS WE CAN SOW



Cornflower

Centaurea cyanus

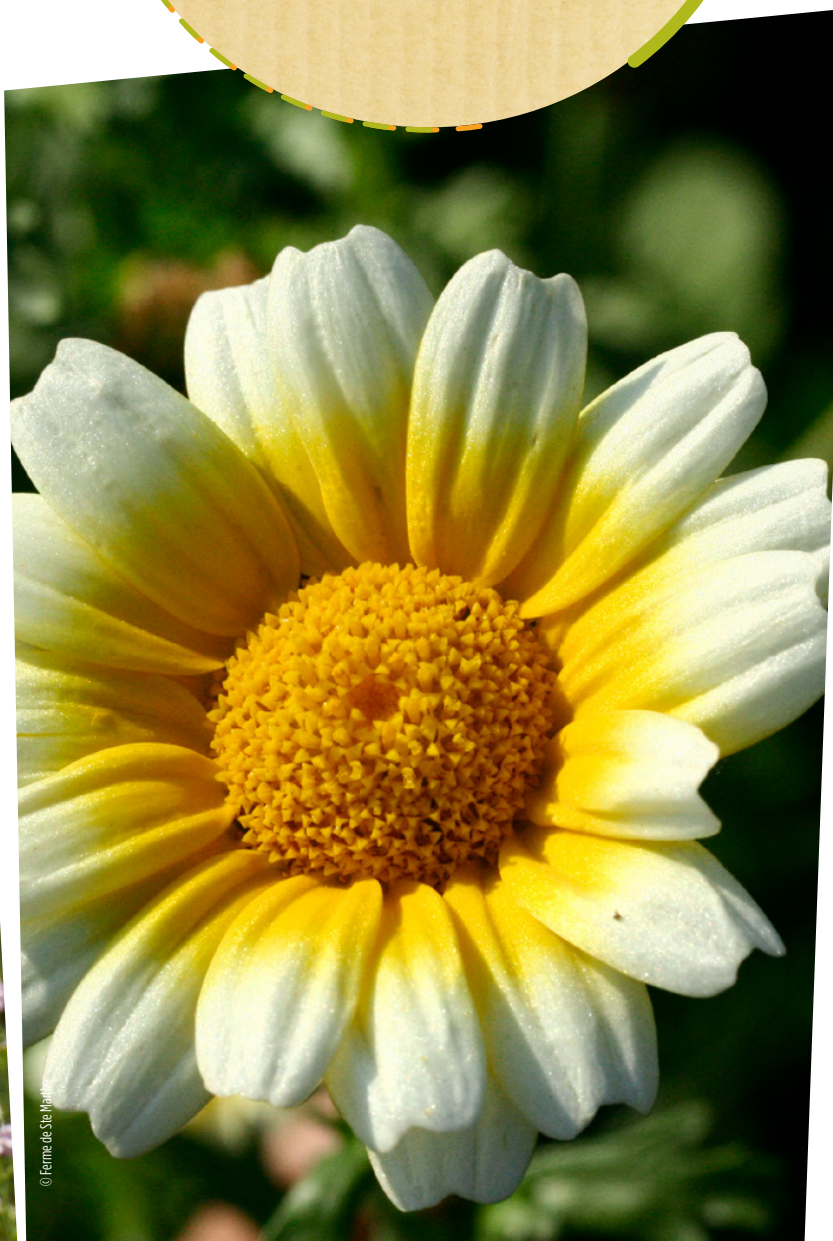
This wild plant has several common names, like cornflower, and even bachelor's buttons! The flower is edible and also used medicinally for the eyes and skin. The plant is a real aphid trap, attracting bees, butterflies, lacewings, and ladybirds.



Edible chrysanthemum

Chrysanthemum coronarium

This plant's beautiful yellow flowers are commonly eaten in salads and the leaves are also delicious when sautéed in a pan or cooked in broth! The flowers are particularly attractive to bees and hoverflies.



Borage

Borago officinalis

Once grown to be eaten in salads or cooked like spinach, as well as being used in herbal tea and as a condiment, this plant is also recognised for its medicinal properties. Rich in nectar for bees and hymenoptera, they repel slugs and suffocate weeds!



Common marigold

Calendula officinalis

This plant's young orange flowers are eaten in salads, and even in jams! The petals are used as a colouring for butter, syrups and rice. Common marigolds, or simply golds, are known as healing plants. Their flowers attract bugs and hoverflies while scaring away aphids!

