



## **Sugar Glider Safe Flowers**

### **Anise Hyssop**

(*Agastache foeniculum*) Both flowers and leaves have a delicate anise or licorice flavor. Some people say the flavor reminds them of root beer.

### **Basil**

Depending on the type, the flowers are either bright white, pale pink, or a delicate lavender. The flavor of the flower is milder, but similar to the leaves of the same plant. Basil also has different varieties that have different milder flavors like lemon and mint.

### **Chamomile**

(*Anthemis nobilis*) The flowers are small and daisy-like and have a sweet, apple-like flavor.

### **Calendula**

(*Calendula officinalis*) Also called Marigolds. A wonderful edible flower. Flavors range from spicy to bitter, tangy to peppery. Their sharp taste resembles saffron (also known as Poor Man's Saffron). Has pretty petals in golden-orange hues.

### **Chrysanthemums**

(*Chrysanthemum* spp.) Tangy, slightly bitter, ranging in colors from red, white, yellow and orange. They range in taste from faint peppery to mild cauliflower. They should be blanched first and then scatter the petals on a salad. Always remove the bitter flower base and use petals only.

### **Clover**

Sweet, anise-like, licorice.

### **Dandelion**

(*Taraxacum officinale*) Member of Daisy family. Flowers are sweetest when picked young, and just before eating. They have a sweet, honey-like flavor. Mature flowers are bitter. Good raw or steamed.

### **Daisy**

(all members) The flowers have a mildly bitter taste and are most commonly used for their looks than their flavor.

### **Daylily**

(*Hemerocallis* spp.) Slightly sweet with a mild vegetable flavor, like sweet lettuce or melon. Their flavor is a combination of asparagus and zucchini. Chewable consistency. Some people think that different colored blossoms have different flavors. NOTE: Many Lilies contain alkaloids and are NOT edible. Day Lilies may act as a laxative.

### **Dill**

(*Anethum graveolens*) Tangy; like leaves but stronger. Use yellow dill flowers as you would the herb itself.

### **Hibiscus**

(*Hibiscus rosasinensis*) Cranberry-like flavor with citrus overtones.

### **Honeysuckle**

(*Lonicera japonica*) Sweet honey flavor. Berries are highly poisonous - Do not eat them!

### **Lavender**

(*Lavandula officinalis*) Sweet, floral flavor, with lemon and citrus notes.

### **Rose**

(*Rosa* spp.) Flavors depend on type, color, and soil conditions. Flavor reminiscent of strawberries and green apples. Sweet, with subtle undertones ranging from fruit to mint to spice. All roses are edible, with the flavor being more pronounced in the darker varieties.

### **Rose of Sharon**

(*Hibiscus rosasinensis*) Flowers and leaves are OK for gliders. They have a Citrus/cranberry flavor.

### **Rosemary**

(Rosmarinus officinalis) Milder version of leafstame

### **Sage**

(Salvia officinalis) The flowers are violet-blue, pink or white up to 1 3/8 inches long, small, tube like, clustered together in whorls along the stem tops. Flowers have a subtler sage taste than the leaves. NOTE: Do not use the red colored ones when giving them to sugar gliders.

### **Scented Geraniums**

(Pelargonium spp.) The flower flavor generally corresponds to the variety. For example, a lemon-scented geranium would have lemon-scented flowers. They come in fragrances from citrus and spice to fruits and flowers, and usually in colors of pinks and pastels. NOTE: Citronelle variety may not be edible.

### **Squash Flowers**

(Curcubita pepo) Squash and pumpkin blossoms are edible and taste mildly of raw squash. Prepare the blossoms by washing and trimming the stems and remove the ns.

### **Violet**

(Viola odorata) Sweet, perfumed flavor. Related flowers, Johnny jump-ups or violas, and pansies now come in colorful purples and yellows to apricot and pastel hues.

**Only use flowers from a trusted source that does not use chemicals!**

**Special thanks for Chris Hamann <http://chris-creations.com/> for sharing her research on this subject!**