

f l o r a c l e

# Full Allergen Guide - Edible Flowers



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Our edible flowers are grown, harvested and packed with great care. They are a natural product and while the likelihood of allergic reactions is very low, some people may be more at risk than others.

The information in this guide will help you make informed decisions about the allergy risks associated with using edible flowers.

## The 14 Major Allergens

Our edible flowers **do not contain** any of the 14 major allergens named under UK/EU food law. These are:

Celery

Cereals containing gluten (such as wheat, rye, barley, and oats)

Crustaceans (such as prawns, crabs and lobsters)

Eggs

Fish

Lupin

Milk

Molluscs (such as mussels and oysters)

Mustard

Peanuts

Sesame

Soybeans

Sulphur dioxide and sulphites (At concentrations of more than 10ppm)

Tree nuts (such as almonds, hazelnuts, walnuts, cashews, pecans and macadamia nuts)

## Pollen & Cross Contamination

Flowers naturally contain pollen. In addition, insects moving between crops may transfer pollen from other plant species. For this reason, edible flowers are not recommended for anyone with severe food or pollen allergies.

## Cross Pollen Allergies

Cross pollen allergies (also known as Pollen Food Allergy Syndrome (PFAS) or Oral Allergy Syndrome (OAS) is an allergic reaction that occurs when the body mistakes proteins in raw fruits and vegetables for similar proteins found in pollens. Certain families of plants are more likely to cause this reaction than others - please see the list below that details which of the species we grow fall under these categories:

- **Celery Family (Apiaceae):** Includes chervil, fennel, coriander, carrot and sweet cicely.  
*-Should be avoided by those with an allergy to celery.*
- **Daisy Family (Asteraceae):** Includes calendula, chamomile, chrysanthemum, cornflower, dahlia, daisy, marigold and yarrow.  
*-Should be avoided by those sensitive to ragweed.*
- **Mustard Family (Brassicaceae):** Includes alyssum, nasturtium and pak choi.  
*-Should be avoided by those who are allergic to mustard and rapeseed.*
- **Rose Family (Rosaceae):** Includes apple blossom, rose, and salad burnet.  
*-Should be avoided by those with an allergy to the Rosaceae family - which includes fruit such as peach, apricot, plum, cherry, raspberry, pear, strawberry and blackberry.*

## Children and First Time Consumers

Some people may not be aware of their sensitivities to certain plants, especially young children who have not yet been exposed to a wide range of foods. If unsure, it is advised to consume only a small amount first and monitor for any signs of reaction.

## Summary

- Our edible flowers are free from the 14 named allergens.
- The risk of allergic reactions is very low, but cannot be ruled out.
- Those with known food or pollen allergies should exercise caution.
- We recommend small trial quantities if unsure, particularly for children.

## Contact Us

If you need further information, advice on specific flower varieties or a full ingredient list for a particular order, please get in touch.