

Flavor Profile Cheatsheet

Arugula- strong pepper flavor	Clover- Slightly sweet and grassy	Rambo Radish- horseradish flavor
Amaranth- earthy flavor, similar to beets	Cress- peppery, interesting texture	Nasturtium- mild peppery flavor
Borage- cucumber flavor	Fennel- licorice flavor	Popcorn- super sweet, can be paired with desserts
Buckwheat- sour with a hint of bitterness	Fenugreek- sweet nutty flavor	Orach- spinach-like, bitter, earthy
Cilantro- flowery, light with flavor	Leek- onion-like flavor	Sunflower- nutty, crunchy texture
Celery- similar to mature plant, but lighter	Marigold- spicy with notes of citrus	Red-Veined Sorrel- sour, lemon, acid
Chrysanthemum- carrot-like flavor, light- flowery	Mustard- mild, spicy mustard flavor, varieties can differ greatly in flavor. IE wasabi mustard tastes just like wasabi.	Water Pepper- extreme peppery flavor, use sparingly

