



Taraxacum Officianale

(Dandelion)

Dandelion produces sunny yellow flowers that turn into white "puff" balls of seeds, which can spread up to 5 miles. It has long, toothed leaves, and deep roots, which can also reproduce. It is a member of the asteracea (daisy) family.

Benefits of Dandelions

- *Rich in vitamins and minerals (A, C, E, K, folate, FE, K, MG, CA)
 - *Promotes liver health
 - *Supports kidney health
 - *Builds healthy blood
 - *May help balance blood sugar
- *Flowers are moisturizing to dry skin and mild pain reliever
- *Entire plant is edible

All About Dandelions!

Dandelions are a perennial plant, meaning they grow year after year.

Dandelions can grow for 5 - 10 years and get very, very big, with many leaves and flower stalks on one plant.

Dandelions bloom mostly in mid-spring (early/mid April in Ohio), but can and do bloom throughout the summer.

Dandelions are considered "weeds" because they can reproduce so quickly and easily and take over a garden!

Dandelion roots can grow up to 14 feet deep!

Dandelions have 150 - 200 tiny yellow petals that make up the flower head, which are actually mini-flowers

Every year, some people try to kill dandelions with toxic chemicals (which is hard because of their deep taproots), while dandelions themselves actually detoxify our bodies.

If a dandelion is pulled out, but some of the root is left, it can regrow.

Flowers are best harvested in the spring; leaves any time of spring or summer; roots in the fall. Roots should be harvested on 2-year-old plants.

Roasted dandelion roots make a great coffee substitute.

Dandelion Story



Write a short story about dandelions, and draw a picture to go with it!

Dandelion Recipes

Nourishing Dandelion Leaf Tea

*1/2 cup dandelion leaves

*2 quarts water, divided

*1/4 cup raw honey (or to taste)

Step 1: Bring 2 cups of water to a boil

Step 2: Add dandelion leaves and steep for 20 min.

Step 3: Strain leaves, pressing well to release nutrients

Step 4: Add honey and stir well

Step 5: Add remaining water (and ice, if desired) to rapidly cool tea; serve

Dandelion Green Salad

*2 cups fresh dandelion leaves

*1/2 cup grape tomatoes

*1/2 cup diced red pepper

*Juice of 1 lemon

*1 tbsp. raw honey

*1/3 cup avocado oil

*Salt and pepper to taste

Step 1: Combine all veggies in a bowl

Step 2: Mix lemon juice, honey, oil, and salt in a small bowl

Step 3: Pour dressing over salad; serve

Dandelion Recipes

(as remedies)

Dandelion Salve

*1/2 cup dandelion flowers, dried

*1 cup oil (olive, apricot)

*1/4 cup beeswax

Step 1: Put dandelion flowers and oil in a pint-sized mason jar with lid.

Step 2: Shake jar; set in the sun for 2 weeks or a cupboard for 6

Step 3: Strain oil through cloth; reserve oil and discard flowers

Step 4: Mix oil and beeswax in a saucepan and heat on low until wax is melted

Step 5: Pour into tins or jars (8 oz. total) and allow to cool

****Use for dry skin, sore muscles, cuts and scrapes, and minor rashes****

Dandelion Root Tincture

*1/2 cup fresh dandelion roots, washed

*1 cup 100-proof vodka OR vegetable glycerin + water (2:1)

Step 1: Wash roots really well, and chop into 1" pieces

Step 2: Add to a pint-sized mason jar and cover with vodka or glycerin

Step 3: Put the lid on and steep for 6 weeks in cool, dry place

Step 4: Strain; reserve liquid and discard herbs

****Use for liver support, detox, kidney support****

Other Ways to Use Dandelions

Make dandelion blossom muffins or cookies

Make dandelion jelly

Roast the roots and make herbal coffee

Tincture the leaves in glycerin to make a "multivitamin"

Enjoy the leaves before meals to promote better digestion

Batter and fry the flowers

Use the flowers to make dandelion wine

"Color" with the yellow flowers (they stain!)

Additional Resources:

<https://modernalternativemama.com/2016/05/04/profile-dandelion/>

<https://learningherbs.com/remedies-recipes/dandelion-fritters/>

<https://www.freshbitesdaily.com/dandelion-muffins/>

<https://www.mommypotamus.com/dandelion-tea/>

<http://mamarosemary.com/blog/2016/5/5/dandelion-benefits-uses-materia-medica>