DANDELION

Taraxacum officinale
[ta-RAKS-uh-kum oh-fiss-ih-NAH-lee]
(formerly T. leontodon and L. taraxacum)

Family: Compositae

Names: Lion's tooth, wild endive, blow ball, cankerwort, piss-in-bed, pissabed, Pries' Crown, Telltime, Swine's Snout, Priest's Crown; clock flower; dumble-dor; fortune teller; Irish daisy; milk gowan; mok's head; wild endive; witch gowan; witches’ milk, cankerwort; Löwenzahn (German); tarassaco, soffione (Italian); Mniszek pospolity, Mniszek Lekarski (Polish); pu gong ving (Chinese); Aghrioradhiki (Greek); chicoria (Mexican); Dient de Leon (Spanish)

Nutritional Profile: One cup chopped raw dandelion greens has 25 calories. It provides 1.5 g protein, 0.4 g fat, 5 g carbohydrates, 103 mg calcium, 1.7 mg iron, 7,700 IU vitamin A and 19 mg vitamin C

Language of Flowers: coquetry; oracle; absurdity

Description: Compact, low-growing plant. Height 1½ ft; width: 2 feet. Flowers: 1 bright yellow, sun-ray flower on a hollow stem. Opens with morning sun and closes in the evening. Leave: long to 1 foot, pliable, deeply toothed, growing from a central rosette. Fruit: white tufted globes, which are easily blown by the wind. Root: fleshy taproot, brown with milky, sap-filled core, often 1 foot long and ½ inch in diameter. Blooms: April to autumn.

Cultivation: Perennial to zone 3. Germination varies greatly but normally 10-14 days. Space 8-10 inches; soil temperature 55-60 degrees F; pH: 4.2-8.2. Full sun. Seeds sown in the autumn provide early spring greens. Transplants should go out in spring or summer for harvest the next spring for whole plants or the next fall for roots. Appreciates phosphorus and may turn somewhat purple if phosphorus deficient. Irrigate 1-2 times a week to maintain productivity. Protect leaves from sunlight so they blanch like chicory leaves for a pale, less bitter flavor. Collect the roots in autumn or early spring of the second year. The autumn-harvested roots are the official medicinal root because they contain more bitters and inulin although the spring roots contain more taraxacin. Frost decreases the root’s properties. Old roots are very bitter. The root can be harvested with a root digger or by hand. If harvesting the whole plant, dig up carefully to avoid damage to the tops. Leaf is harvested with pruning shears. Fertilize if harvesting leaf off the same patch for more than one season. Most commercial users prefer fresh Dandelion. Harvest the leaf just before flowering and then later in the summer.
Carefully wash the tops to remove dirt and sometimes slugs. If there is little dirt present don’t bother. Root should also be washed before drying. Leaves dry in 5-7 days and are 80-90% water, the roots about 75%.

**Constituents:** root: taraxacin, triterpenes (taraxerol, taraxasterol), lactupicrine, inulin, sugars, glycosides, phenolic and citric acid, asparagine, vitamins A,C,B, potassium. Leaves contain carotenoids, vitamins A,B,C,D, minerals (potassium and iron).

**Energetics:** Cold, bitter, sweet

**Meridians/Organs affected:** liver, bladder, stomach

**History:** Introduced into European medicine by the Arabs who were writing about it as early as the 10th century. *Taraxacum* comes from the Greek taraxis, "to move or disturb", but the name originally may have come from the Persian name for the herb, tarashqun. The shape of the leaves gives the French name, dents de lion, or "teeth of the lion." Another French name is pis en lit or "pee in bed" from its diuretic effects. It was once deliberately introduced into the Midwest to provide food for bees. As a love oracle if you’re separated from your beloved, you very carefully pluck a full seed head and whisper a message to it. Then, facing where your lover is, you blow hard at the fluffy globe. If you succeed in making all the seeds fly away at once, your message would be received. To dream of dandelions foretells misfortune and deceit on the part of a loved one.

Legends of how dandelions came to be: Centuries ago, an old miser found a pot of gold at the end of the rainbow. Instead of sharing it, he decided to buy it in the ground, so that only he could find it. He took the gold home, put it into a sack, and went to bed. While he was asleep, however, a mouse searching for food gnawed a hole in the sack. The next morning, very early so that none would see or follow him, the old man got up and went off to the deep woods to bury his treasure. He was so intent on his plan that he did not notice the coins dropping out of the sack one by one through the hole the mouse had made. Finally, when he reached the darkest part of the forest, he realized the sack seemed very light. He looked inside, and sure enough, it was empty, except for a few coins that were left at the bottom. "Aha," he cried. "All my gold has fallen out? Well, I'll just go back and pick it all up again!" He looked around. "that should be very easy, for I can see them from here, shining in the grass." He hurried back and bent down to pick them up. But to his astonishment, he could not, for the gold pieces seemed rooted to the ground! Sure enough, when the old miser looked closely, he saw that what had been a shining golden coin was now a beautiful yellow flower! Amazed, he hurried from one golden spot to another, but all the coins had taken root for the wood sprites had overheard his plan to hide the gold away, and to punish him for his selfishness, they changed the coins into Dandelion flowers, for everyone to love and share.

**Properties:** Leaves are diuretic, liver and digestive tonic; roots are liver tonic, promotes bile flow, diuretic, mildly laxative, antirheumatic

**Medicinal Uses:** Dandelion contains much that is beneficial to our bodies: bitter compounds, choline, inulin, large quantities of minerals such as calcium, sodium, silicic acid, sulfur and, in the fresh leaves, a high content of potassium. The bitter compounds stimulate the appetite and promote digestion. Choline affects the gallbladder and the intestines, often stimulating the mucous membranes of the large intestine in a laxative effect. It also has a relationship to the liver’s lipid metabolism. Our daily requirement of choline is 2-3 grams and a lack of it increases fatty degeneration of the liver. Dandelion can promote bile production in the liver and its secretion from the liver. Dandelion root is a "blood purifier" that helps both the kidneys and the liver to improve elimination. It helps clear up many eczema-
like skin problems because of this. The root has also been successfully used to treat liver diseases such as jaundice and cirrhosis along with dyspepsia and gallbladder problems. Its use as a diuretic is favorable because it replaces the potassium that most diuretics remove. It's the herb of choice for treating rheumatism, gout and heart disease as well as regulating hormonal imbalances. Fresh latex removes warts if applied several times daily. The Chinese have prescribed it since ancient times to treat colds, bronchitis, pneumonia, hepatitis, boils, ulcers, obesity, dental problems, itching, and internal injuries. A poultice of chopped dandelion was also used to treat breast cancer. Traditional Ayurvedic physicians used the herb in a similar manner. Recent research shows a wide number of possibilities using dandelion. It's diuretic property can make it useful in relieving the bloated feeling of PMS and in help with weight loss. One study shows dandelion inhibits the growth of the fungus responsible for vaginal yeast infections. It stimulates bile production and prevents gallstones. There is a German preparation Chol-Grandelat (a combination of dandelion, milk thistle and rhubarb) prescribed for gallbladder disease. Traditional formulas: dandelion and barberry; dandelion and parsley; dandelion and purslane
For liver and gall-bladder problems: couchgrass or yarrow

TCM: Indications: breast tumors; abscesses; tumors and clots in lungs. Internal heat. The juice squeezed from the fresh plants is applied directly to poisonous snake-bites as antidote

Applications: For a leaf infusion, use 1/2 oz of freshly dried leaves per cup of boiling water. steep 10 minutes. Drink up to 3 cups a day. A less effective diuretic than the juice, the infusion makes a cleansing remedy for toxic conditions including gout and eczema. Also use as a gentle liver and digestive stimulant.

For a root decoction, gently boil 2 to 3 teaspoons of dried root per cup of water for 15 minutes. Cool. Drink up to 3 cups a day. Fresh root is best for toxic conditions such as gout, eczema, or acne. Also prescribed as a liver stimulant in liver disorders and related constipation. In a tincture, take 1-2 teaspoons up to 3 times a day. Use for the same conditions as the tincture.

To prevent vaginal yeast infections add a couple of handfuls of dried leaves and flowers to the bathwater (not directly….use an infusion). Do not give to children under age 2.

Liver Tea
1 tsp each dandelion root, milk thistle seeds and roasted chicory root
½ tsp each sarsaparilla root, licorice root and ginger rhizome
1 quart water
Combine ingredients in a saucepan and simmer for a couple of minutes. Turn down heat and let steep for about 15 minutes. Strain and drink at least a cup a day

Gallbladder Formula
1 tsp each dandelion root, Oregon grape root and marshmallow root
1 quart water
½ tsp each chamomile flowers and nettle leaves
Combine roots and water and simmer for about 5 minutes. Turn off heat, add remaining herbs and steep for about 20 minutes. Strain herbs. Drink at least 1 cup daily. This formula can also be used to make a tincture or pills.

Diuretic Tea
1 quart boiling water
2 tsp dandelion root
½ tsp each nettle leaf, oat straw, fennel seed and corn silk
Pour boiling water over herbs, then steep in a covered container for 20 minutes. Strain herbs. Drink 1 or 2 cups as needed.

Premenstrual Tea
1 tsp each vitex berries and wild yam rhizome
½ tsp each burdock root, dandelion root, feverfew leaves and hops strobiles (flowering parts)
1 quart water
Combine herbs and water in a pot and bring to a boil. Turn off heat and steep for at least 20 minutes. Strain out herbs. Drink at least 2 cups daily, as needed. This formula can also be taken as a tincture.

Tea Formula to Help Prevent Osteoporosis
3 oz wild oat herb
2 oz horsetail Herbal Connection 2 oz dandelion root, raw
2 oz dandelion root, roasted
2 oz dandelion leaf
2 oz nettle leaf
1 oz yellow dock root
1 oz alfalfa herb

Add ½ oz of the mixture to 4 cups of boiling water in a teapot or container with a well-fitting lid. Let stand for twenty minutes before straining. Drink 1 cup hot or cold three times a day. Or if you prefer, sip tea all day or drink two large glasses twice a day.

Homeopathy: Homeopaths use low potencies of Taraxacum for liver-centered headaches, jaundice, cancer of the bladder, gas, night sweats, and neuralgia of the knee.

Flower Essence: Use for overly tense, especially in the musculature of the body, overstriving and hard-driving. The soul needing Dandelion essence feels a natural intensity and love for life. Such individuals are compulsive “doers” who enter with great zeal and zest into many activities. Unfortunately, they can over-plan and over-form their lives beyond the natural capacity of the body to sustain such intensity. The Dandelion flower teaches these individuals how to listen more closely to emotional messages and bodily needs. As tension is released the soul feels more inner ease and balance, allowing spiritual forces to flow through the body in a dynamic, effortless way.

Veterinary Medicine: Dandelion has long been known as a good fodder for rabbits. Other animals will also benefit from it being administered as a general tonic. Occasionally mix finely chopped dandelion leaves and roots into the food of cats and dogs to maintain health and have a beautiful coat.

Cosmetic: Makes a good cleansing and moisturizing milk and face mask both of which are particularly suited to those who have sallow complexions.

Recipes:
Dandelion Anti-Freckle Oil
4 medium sized juicy dandelion leaves
5 Tbsp castor oil
Wash and chop the leaves and place them with the oil in a small pan over a low heat. Allow to simmer for ten minutes, then remove from the heat. Cover and leave to steep for three hours. Strain, bottle and label. This oil will bleach and fade away stubborn freckles, brown age spots and small moles.

Dandelion and Camomile Milk
¼ pint boiling water
3 Tbsp chopped camomile flowers
2 Tbsp chopped dandelion leaves
¼ pint milk
Pour the boiling water over the camomile flowers and dandelion leaves, stir well and allow to steep for twelve hours. Add the milk, whisk thoroughly and leave for a further two hours. Strain, bottle, label and refrigerate. Dandelion and camomile milk is a cleansing moisturizer that is particularly good for rough, sallow complexions.

Dandelion Skin Masque
Simmer 1 large handful freshly opened dandelion flowers in 2 cups water for 15 minutes and let cool until tepid. Then strain and apply the liquid to the skin. Let it dry, then rinse off with lukewarm water. This masque tones the skin and soothes minor irritations

Toxicity: Fresh latex in the root and especially the stem can cause skin irritations.

Ritual Uses: Gender: Masculine. Planet: Jupiter Element: Air. Deity: Hecate. Powers: Divination, Wishes, Calling Spirits. Dandelion tea is said to increase psychic
abilities, perhaps because of its cleansing and rejuvenating qualities. Dandelion belongs to the *Belenountion*: herbs associated with the Celtic Diety Belenos. It is said that a dandelion in one’s dream is a symbol of difficult times ahead. Weather magick says that seeing the fluff blown free from the head of a dandelion is an indication of rain coming, should this happen when you feel no wind in the air.

To find out how long you will live, blow the seeds off the head of a dandelion. You will live as many years as there are left on the head. To tell the time: blow three times at the seedhead. The number left is the hour. The decoction of the root promotes psychic powers. This same tea, steaming as placed by the bed will call spirits. To send a message to a loved one, blow at the seed head in his or her direction and visualize your message. Dandelion, buried in the northwest corner of the house, brings favorable winds.

**Other Uses:** The flowers once furnished a yellow dye, while the whole herb was used to tint wool magenta. To make the dyes, steep one quart crushed flowers or cut up roots overnight in a pot with just enough water to cover. The next day, boil flowers or roots in the water 15 minutes to two hours, adding more liquid as needed, until the water is the color desired. Now let the mixture cool. Strain it through a colander or sieve into a second large pot to remove all the plant material. Wearing rubber gloves to protect your hands, immerse fabric in the bath, swishing it around to the dye comes in contact with every surface of the garment. Now boil the garment in the dye 30 minute or less, until the color looks right. Turn off the heat, let the dye bath cool, remove the garment and hold it under cold running water until the water runs clear.

**Culinary:** Blossoms have a sweet, honeylike flavor when picked young. The green sepals can also be somewhat bitter and should be removed for recipes in which emphasis is placed on the sweet nature of the plant and for any brewed beverage. Pick immediately before using them as the flowers close quickly after picking. Young leaves are richer in Vitamin A than carrots and can be used in salads or steamed and topped with a dressing. The English use young dandelion greens on sandwiches with butter and salt and sometimes pepper or lemon juice. The Pennsylvania Dutch pour of dressing of hot cider vinegar and sugar over their dandelion salads, part of Holy Thursday meals. The roasted root makes a coffee-like tea or is added to coffee as an extender. The flower buds can be fried in butter and resemble mushrooms or added to eggs. The Arabs make a *yablo* cake of honey, olive oil, flour rose petals and dandelion buds. Dandelion flower wine and beer have been enjoyed by many. *Horta* is a Greek dish of dandelion greens and other bitter greens drenched in olive oil.

Do not cut or tear dandelion leaves until you are actually ready to use them. When you cut the leaves, you tear the cells, which then release an ascorbic acid oxidase. This chemical destroys vitamin C and reduces the dandelion's nutritional value. You can make dandelion leaves less bitter by storing them in the refrigerator after they are picked or by waiting until the weather turns cold before you harvest the leaves. The dandelion root also becomes less bitter when exposed to cold.

**Recipes:**

**Dandelion Soup**

- 2 Tbsp butter
- 1/8 tsp thyme
- 2 Tbsp flour
- 1 bay leaf
- 2 cups milk
- 1 hard-boiled egg, peeled and sliced (garnish)
- 2 cups dandelion flowers
- 1/8 tsp celery seed

Melt the butter in a medium-sized saucepan over low heat. Mix in the flour to form a paste. Stir in the milk a little a time until smooth. Mix in the dandelions, celery seed, thyme and bay leaf. Simmer until the flowers are tender, 15-20 minutes. Remove the bay leaf before serving. Garnish with slices of hard-boiled egg. (A Kitchen Witch's Cookbook)
Dandelion Crown Salad
2 cups dandelion crowns
½ cup onions or ramps, diced
¼ head shredded lettuce
2 hard boiled eggs, diced
Mix all ingredients together and add your favorite salad dressing or try Two-Leaved Toothwort Dressing (Wild Plant Cookbook)

Dandelion Sauté
4 cups chopped dandelion leaves
2 cups grated wild or regular carrots
several cloves garlic, minced
1 Tbsp wine
1 Tbsp tamari soy sauce
3 cups chopped onions
3 Tbsp olive oil
pepper to taste
Sauté the onions in the olive oil. When soft, add the dandelions, carrot, garlic, wine and soy sauce. Cook for 10 to 20 minutes until all the flavors blend. ((Identifying an Harvesting Plants in Wild (and Not so Wild) Places)

Dandelion Syrup
250 dandelion tops (give or take a few)
1 lemon
4 C water
2 pounds of sugar (organic cane sugar is nice)
Put the dandelion tops in 4 C water, bring the water to a boil then cover and simmer for an hour. Let cool and place in the refrigerator overnight for the dandelions to continue to steep in the water. The next day strain the tops from the water. Mix the water with 2 lbs of sugar and the freshly squeezed juice of 1 lemon. Simmer for about 2 hours, until the water evaporates. After 2 hours, a froth should form on the surface of the syrup. Take the syrup off of the heat and let cool. It should thicken as it cools. Cane sugar tends to create a pretty amber color when made into a syrup. Use on waffles.

Hot Buttered Tagliatelle with Basil and Dandelions
12 oz fresh tagliatelle
1 Tbsp olive oil
1 tsp lemon juice
1 Tbsp fresh basil leaves, torn
2 oz pistachio nuts, shelled
1 tsp dandelion petals
sea salt and black pepper
Cook the tagliatelle in plenty of boiling, salted water until 'al dente'. Drain and toss in the olive oil and lemon juice. Add the basil leaves, pistachios and dandelion petals, season to taste and serve at once. (Cooking with Flowers)

Dandy Backyard Salad
1 cup dandelion flowers
1 cup dandelion leaves, chopped
½ cup clover blossoms
¼ cup chive blossoms
6 or 8 Nasturtium blossoms, separated
½ cup Nasturtium leaves, chopped
romaine or leaf lettuce torn into bite-size pieces
Carefully rinse all ingredients. Place in a large bowl and toss. Serve with a Ranch type dressing. (Edible Flowers: a Recipe Collection)

Dandelion Pancakes
1 cup fresh dandelion petals
½ cup whole wheat pastry flour
½ cup unbleached white flour
1 tsp baking powder
½ tsp baking soda
1 Tbsp raw sugar
1 egg
1 cup milk or soy milk
1 tsp vanilla
Collect a colander full of dandelion blossoms. Wash and remove their green caps. Set aside the petals. Combine the dry ingredients. Beat in the wet ingredients and stir the dandelion petals into the batter. Add a little more milk if a thinner pancake is desired. Heat a griddle with oil or butter and pour the batter on in big spoonfuls. Flip over when bubbles ring the edges of the cakes. Serve with maple syrup. (An Herbal Feast)

Dandelion Wine
4 quarts dandelion blossoms (no stems)
1 gallon boiling water
2 lemons, thinly sliced
2 oranges, thinly sliced
3 lb white sugar
1/2 lb raisins
1 package yeast
1 tsp sugar
1 cup warm water

Cover the blossoms with boiling water; let stand 24 hours, squeeze and strain. Simmer the liquid with the lemons, oranges and sugar for 20 minutes, then set aside to cool. Dissolve yeast with a teaspoon of sugar in warm water. Add this and the raisins to the liquid. Pour into a gallon jug capped with a balloon or a crock covered with cheesecloth. Allow to ferment 14 days, skim, strain and re-bottle. (A Sampler of Wayside Herbs)

**Dandelion Cordial**

2-3 cups dandelion flowers, 2/3 cup sugar, rind of 1/2 lemon, 1 quart vodka

Cut off green bottoms of the dandelion flowers, but do not wash them. Mix all the ingredients together and pour into a jar. Cap tightly and put away in a dark place. Shake every day to make sure sugar dissolves. Let stand two weeks, then strain through filter paper. Store in a bottle with a tight-fitting cap.

**Dandelion Beer**

1 quart young dandelion plants
1 lemon
2 tsp finely chopped gingerroot
1 gallon cold water
3 cups light brown sugar
1 Tbsp cream of tartar
1 Tbsp yeast

Wash the plants and remove the hairy roots without breaking the main taproots. Squeeze the lemon and put the juice aside; peel the rind off the lemon in strips (no pith should be left). Put the plants in to a pail with the gingerroot, the lemon rind, and the water. Boil for 10 minutes, then strain out the solids. Put the sugar and cream of tartar in the fermenting vessel and pour the liquid over them. Stir until the sugar is dissolved. When the liquid is lukewarm, add the yeast and the lemon juice, and leave the vessel, covered with a folded cloth, in a warm room for 5 days. Strain out all the sediment and bottle in screw-topped cider or beer bottles. This beer is ready to drink in about a week, when it hisses as the stopper is loosened. It does not keep very long. Also good for relieving stomach upsets or indigestion and for clearing the kidneys and bladder. (Wild Foods)

**Cornmeal Dandies**

1 egg
1 tsp water
1 cup cornmeal
¼ cup Parmesan cheese, finely grated
¼ cup peanut or vegetable oil
15-20 dandelion flowers

Beat eggs with water in a small bowl. Mix cornmeal and cheese in a small bowl. Heat oil in a heavy frying pan until it begins to sizzle. Dip each flower into the egg mixture, then place it in the cornmeal-cheese mixture and gently toss until all surfaces are covered. Gently drop the coated flower in the hot oil, turning frequently, until it is evenly golden. Drain on paper towel. May be served immediately or later at room temperature. (Edible Flowers From Garden to Palate)

**Dandelion Spread**

½ lb dandelion leaves
10 oz cream cheese at room temperature
2 tsp anchovy paste
¼ tsp white pepper

Remove roots and touch stems from dandelions; wash and drain well. Place dandelions, cream cheese, anchovies and pepper in food processor and process until smooth. Transfer to a serving bowl and use as a spread on toasted rounds of bread or on crackers. (On the Trail of the…..)

**Dandelion "Mushrooms"**

15 dandelion flowers, rinsed in water, but still slightly moist
1/2 cup all-purpose flour
2 Tbsp butter

Dredge the moist flowers in flour. Heat the butter in a heavy frying pan. Add flowers and fry quickly, turning to brown all sides. Serve hot. (Edible Flowers From Garden to Palate)
Make Ahead Sausage and Dandelion Breakfast
2 ½ cups seasoned croutons
1 lb breakfast sausage
3 cups fresh dandelion leaves, chopped
4 eggs
2 ½ cups milk
1 10 ½-oz can cream of mushroom soup
1 4-oz jar pimentos, drained
1 cup each sharp cheddar and Monterey jack cheese, shredded
¼ tsp dry mustard
herb sprigs and carrot curls for garnish

Spread croutons on bottom of greased 13- x 9-inch baking dish. Crumble sausage into large skillet. Cook over medium heat until browned, stirring occasionally. Bring heat to low; add dandelion leaves and sauté just until wilted. Drain any drippings. Spread dandelion and sausage over croutons. Set aside. Whisk eggs and milk in large bowl until blended. Stir in soup, pimentos, cheeses and mustard. Pour egg mixture over sausage, dandelion and croutons. Refrigerate overnight. When ready to bake, preheat oven to 325F. Bake 50-55 minutes or until set and lightly browned on top. Garnish with herb sprigs and carrot strips or curls, if desired. Refrigerate leftovers. Serves 10-12. (An Herbal Feast)

Baked Dandelions
2½ cups cooked dandelion greens
3 hard-boiled eggs, coarsely chopped
3 Tbsp butter
¼ tsp nutmeg
2 Tbsp minced green onion
¾ cup buttered bread crumbs
3 Tbsp flour
½ cup grated American Cheese
2 cups milk
¼ tsp paprika
1 tsp salt
¼ tsp pepper

Using an electric blender, puree the cooked dandelion greens. Melt the butter in a skillet and sauté the onion in it. Stir in the flour, add the milk, salt and pepper. Cook and stir until smooth and thickened. Add the dandelion puree, chopped eggs, nutmeg and additional salt and pepper to taste. Place the mixture in an 8-by-12-by-2-inch buttered baking dish, and top with the buttered bread crumbs, cheese and paprika. Bake in a moderate oven (350F) for 20 minutes. (The Wild Flavor)

Dandelion Wine Pudding with Ladyfingers
6 egg yolks, beaten
¼ cup dandelion Wine
4 Tbsp sugar
6 egg whites, beaten stiff
1 Tbsp lemon juice
6 Tbsp confectioners' sugar
grated rind of an orange
1 dozen ladyfingers, split
1 tsp cornstarch

Combine egg yolks, sugar, lemon juice, and orange rind. Dissolve the cornstarch in part of the wine before adding to egg-yolk mixture. Cook over simmering hot water until thick, stirring constantly. Let cool. Make a meringue by gradually adding confectioners' sugar to the stiffly beaten egg whites while beating. Place split ladyfingers in the bottom and around the sides of an oven-proof serving bowl. Pour in the dandelion custard and top with meringue. Bake in moderate oven (350F) for about 12 minutes or until peaks of the meringue are tipped with brown. Serve with a small glass of Dandelion Wine to accent the flavor of the pudding. (The Wild Flavor)

Green Dandelion and Borage Salad
8 young dandelion leaves, washed and dried
½ lettuce, washed and dried
1 Tbsp each finely chopped borage leaves and chives
½ thin-skinned orange, unpeeled and finely sliced
4 Tbsp vegetable oil
1 Tbsp white vinegar or lemon juice
1 clove garlic, finely chopped
1 tsp salt
pepper

tear dandelion and lettuce leaves into a salad bowl, add borage leaves, chives and orange. Blend oil, vinegar, garlic, salt, and
pepper together and toss through the salad. Scatter the borage flowers over the top and serve. (What Herb is That?)

**Dandelion Bud Omelet**

½ cup dandelion buds  
1 Tbsp butter  
1 Tbsp chives, chopped  
4 eggs, lightly beaten  
salt and pepper, to taste  

Heat a 9-12 inch non-stick skillet on medium high. Sauté rinsed dandelion buds in butter until softened. Pour beaten eggs over buds and sprinkle chives over the eggs. Use a spatula to gently lift eggs in pan and let uncooked eggs run under cooked portion. When bottom is golden and eggs have set on the outer edges, fold in half. Remove from heat and let firm up for about 30 seconds before serving. Two or three Tbsp of cheese may be added with chives. (Basic Herb Cookery)

**Dandelion with Bacon Dressing**

4 slices bacon  
3 Tbsp flour  
1½ cup water  
1 beaten egg  
½ tsp salt  
2 Tbsp vinegar  
1 qt young dandelion leaves  

Cut bacon in small pieces and fry until crisp. Pour off fat except 2 Tbsp. Blend in flour with 2 Tbsp fat and gradually add water. When thoroughly mixed, add beaten egg, salt and vinegar. Cook over low heat, stirring constantly until thickened. Pour over dandelions and serve at once. Also dandelion can be cooked for a few minutes and drained before sauce is added. Sprinkle chopped chives over top. Serves 4 (The Flavorful Kitchen)

**Penne and Spring Greens with Lemon and Chive Vinaigrette**

Seasoned breadcrumbs  
3 Tbsp olive oil  
2 cup fresh breadcrumbs  
½ cup freshly grated Parmesan cheese  
1 tsp lemon balm  
1 tsp lemon thyme  

½ tsp salt  
Lemon Vinaigrette  
5 Tbsp olive oil  
3 Tbsp lemon juice  
2 Tbsp chopped chives  
1 Tbsp chopped lemon balm  
Pasta  
2 lb penne  
3 Tbsp olive oil  
4 Garlic cloves, minced  
1 bunch dandelion leaves, stemmed and sliced crosswise  
1 bunch wild leek tops, sliced crosswise  
1 bunch marsh marigold leaves, stemmed and sliced crosswise  
½ cup freshly grated Parmesan cheese  

Heat oil in large heavy skillet over medium heat. Add breadcrumbs and stir about 3 minutes, until crisp and golden. Transfer to bowl and mix in Parmesan cheese, herbs and salt. Cover and let stand at room temperature or keep in refrigerator and bring to room temperature before using.

Combine oil, lemon juice, chives and lemon balm in a jar with lid or small bowl. Sake or whisk ot mix well. Set aside and keep at room temperature. Shake or whisk again just before serving.

Cook pasta in a large pot of boiling salted water until tender but still firm to bite, stirring occasionally.

Meanwhile, heat olive oil in large Dutch oven over medium heat. Add garlic, and stir about 1 minutes, until light brown. Stir in sliced greens, and sauté about 2 minutes, until wilted. Drain pasta and return to the same pot. Add cooked greens, lemon vinaigrette and Parmesan cheese, tossing well to coat. Season to taste. Transfer to plates and sprinkle seasoned breadcrumbs over top. (Recipes from Riversong)

**Ginger Dandelion Buds**

2 cups of fresh dandelion blossoms  
1 egg beaten  
1 cup milk  
1 cup flour  
pepper to taste  
2 tsp grated ginger
3 fresh lemon balm leaves, chopped
olive oil for pan

Gather dandelion blossoms just before you make this. If that is not possible, they will store for a day or two in a plastic bag in the refrigerator. In a bowl, combine all the ingredients except the dandelion blossoms and olive oil. Heat a little bit of olive oil over low heat in a frying pan. Be careful; once this heats up it can splatter. Remove the dandelion stems right up to the base of the blossom. Dip the blossoms in the batter and, flower head first, push them down into the bottom of the pan. This way, even if the blossoms have wilted shut, they will look nice and big and appear to be open. Cook, until golden brown, flipping them to cook on both sides. Serve. They are delicious eaten plain or accompanied with an herbal mustard. (An Herbal Feast)

**Hot Dandelion Salad**

1 qt young dandelion greens
1 coup sour cream
1 egg, well beaten
½ tsp, salt
1 tsp butter
2 tsp sugar
1 Tbsp vinegar

Trim ends of greens, discarding older leaves. Wash and drain. Mix remaining ingredients in saucepan. Bring slowly to a boil, stirring constantly. Add dandelions. Mix well and serve hot. (Minnesota Heritage Cookbook Volume I)

**Dandelion Lasagna with Shiitakes**

6 lasagna noodles (for 3 layers)
5-6 shiitake mushroom caps, chopped
½ Tbsp butter
1 large onion, chopped fine
1 Tbsp olive oil
3-4 cups of dandelion leaves, washed and picked clean of grass
salt and pepper
1 carton (16oz) cottage cheese or ricotta, nonfat
if you like
2 eggs, beaten
¼ cup chopped parsley
1 can/jar (26oz) spaghetti sauce
2 oz Gruyere, grated

Cook the lasagna noodles, drain them, and set them aside in cold water until ready to use. Sauté the shiitakes in the butter and set them aside. Cook the chopped onion in olive oil until it is softened. Add the dandelion leaves. Season with salt and pepper. Cook until dark green and limp, about 5 minutes. Preheat the oven to 350F. Mix the cottage cheese with the 2 beaten eggs. Add the chopped parsley. Season withalt and pepper. Spoon a ¼ inch layer of the spaghetti sauce into the bottom of the pan. Lay 2 lasagna noodles over it side by side. Add a hefty layer of sauce. Lay 2 noodles on top of the sauce. Add all of the cottage cheese mixture as the next layer. Arrange the dandelions and onions evenly over the top. Cover with the remaining 2 noodles. Add more spaghetti sauce. Top with the shiitakes and Gruyere. Bake for about 30 minutes (The Herbal Epicure)

**How to Roast Dandelion Roots**

Cut off the leaves and scrub the roots. Lay the roots on a baking sheet with the oven turned to its lowest setting and the door ajar. It may take 3-4 hours until the roots are shriveled and snap easily. They are done when the insides of the roots are dark brown.

**Dandelion Spread**

1 cup raw, young dandelion leaves and roots, chopped and torn in a very small pieces
½ cup yogurt
¼ cup hazelnuts or chestnuts, chopped very fine
1 Tbsp plantain leaf, torn in small pieces
3 Tbsp safflower oil

Combine all ingredients in a bowl. Stir to blend well. Chill

**References:**
The ultimate reference book on dandelions is On the Trail of The Yellow Flowered Earth Nail by Peter Gail, available from PO Box 18016, Cleveland Hts, OH 44118; 216-932-2145
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Resources:
Companion Plants, www.companionplants.com

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