

Dandelion

Family	Asteraceae
Botanical	Taraxacum officinale
Parts Used	Flower, root or leaf
USDA Hardiness	3A - 10B
Light	Full Sun
Soil	Any
Duration	Biennial



Propagation They spread prolifically as seeds and are scattered by the wind.
Soil pH requirements: 6.1 (mildly acidic) to 8.5 (alkaline).

Water As needed, do not overwater

Growing Will grow anywhere and in the poorest soil.

Medicinal Uses Diuretic, stomachic, cholagogue, cholorectic, alterative, hepatic, lithotriptic, astringent, galactagogue and tonic.

Benefits For liver problems, urinary tract infections, skin eruptions, high blood pressure, arthritis, gout, irregular blood sugar levels, skin diseases, womens imbalances and indigestion.

Preparation Infusion, decoction, tincture, capsule and wine.

Decoction: Put 2-3 teaspoons of the root in 1 cup of water. Bring to a boil and gently simmer for 10-15 minutes. Drink 3 times a day.

The leaves may be eaten raw in salads. It is the best natural source of potassium.

For liver and gall-bladder problems it may be combined with Couchgrass or Yarrow.

Fines Herbes

Culinary Uses

The young spring leaves are a great salad green, and the older leaves are great cooked or as a pot herb. The flowers are great for fritters, in any baked good, and made into wine, the roots are great in stews or roasted and ground into a coffee substitute.

Dandelion Greens

Ingredients:

- 1/4 teaspoon red pepper flakes
- 2 cloves garlic, minced
- salt and ground black pepper to taste
- 1 tablespoon grated Parmesan cheese

Directions:

1. Soak dandelion greens in a large bowl of cold water with 1 teaspoon salt for 10 minutes. Drain.
2. Bring a large pot of water to a boil with 1 teaspoon salt. Cook greens until tender, 3 to 4 minutes. Drain and rinse with cold water until chilled.
3. Heat olive oil and butter in a large skillet over medium heat; cook and stir onion and red pepper flakes until onion is tender, about 5 minutes. Stir in garlic until garlic is fragrant, about 30 seconds more. Increase heat to medium-high and add dandelion greens. Continue to cook and stir until liquid is evaporated, 3 to 4 minutes. Season with salt and black pepper.
4. Sprinkle greens with Parmesan cheese to serve.



Historical Facts

Dandelions are thought to have evolved about thirty million years ago in Eurasia. They have been used by humans for food and as an herb for much of recorded history.

The first mention of the Dandelion as a medicine is in the works of the Arabian physicians of the tenth and eleventh centuries, who speak of it as a sort of wild Endive, under the name of Taraxacon. In this country, we find allusion to it in the Welsh medicines of the thirteenth century. Dandelion was much valued as a medicine in the times of Gerard and Parkinson, and is still extensively employed.

Additional Tips

Nutrition Facts

A good source of Folate, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Vitamin B6, Calcium, Iron, Potassium and Manganese.