

## Dandelion *Taraxacum officinale*

### Tips:

- Harvest young leaves to eat as fresh greens, generally before the flowers appear in spring
- Add young leaves to salads; blanch mature leaves in boiling water until tender then sauté with garlic and olive oil or butter.
- Add greens to omelets, casseroles and other dishes.
- Dry leaves at any level of maturity to use to make tea. Store dried leaves for up to one year.
- Roast cleaned roots cut into smaller pieces at 200°F until browned, generally 1-2 hours for a light to dark roasted flavor. Grind to add to smoothies or make a coffee substitute. The flavor is similar to coffee and chocolate.
- Add dandelion flower petals (removing the green sepal, which is bitter) to baked goods like cakes and cupcakes.
- Be sure to harvest from an area that has been free of herbicides and pesticides for several years.

### Tension Taming Herbal Tea

1 teaspoon finely chopped or minced fresh ginger root  
½ teaspoon finely chopped or minced fresh dandelion root  
1 teaspoon honey  
1 cup boiling water

Mix all ingredients together in 1 cup of boiling water. Let sit for 10-15 minutes, then strain.

Janice Cox, HSA Member at Large, West District  
Author, *Natural Beauty from the Garden, 2<sup>nd</sup> Edition*

### Dandelion Salad with Citrus Dressing

#### Citrus Dressing

½ cup fresh orange juice	2 tablespoons chopped fresh chives
2 tablespoons fresh lemon juice	⅔ cup olive oil
2 tablespoons fresh lemon thyme	

## Salad

2 cups dandelion leaves, washed and patted dry	¼ cup minced fresh parsley
2 cups fresh spinach, washed and patted dry	¼ cup dandelion or calendula petals
1 cup leeks, sliced	3 tablespoons raisins
½ cup alfalfa sprouts	2 tablespoons chopped almonds

## Citrus Dressing

Whisk all ingredients together and set aside for flavors to blend.

## Salad

In a large bowl, combine dandelion leaves, spinach, leeks, alfalfa sprouts, parsley, and flower petals. Drizzle with enough dressing to coat leaves and toss well. Sprinkle each serving with raisins and almonds.

Be absolutely certain that the dandelion you collect has never been sprayed with herbicides or pesticides and that it comes from an area away from automobile exhaust fumes.

Pat Crocker, HSA member at large, Great Lakes District  
*The Herb Society of America's Essential Guide to Growing and Cooking with Herbs*

## Dandelion Age Spot Oil

*Many people consider dandelions an annoying weed because they overtake lawns and gardens, but they are actually very useful beauty-wise. The yellow flowers make a wonderful bath and hair rinse. The green leaves are rich in vitamins A and C. Many people add them to their salads. In this recipe they are used to naturally fade away stubborn freckles and brown age spots.*

¼ cup fresh, chopped dandelion leaves  
2 tablespoons castor oil  
2 tablespoons sunflower oil

Make sure the dandelion leaves are clean and dry; pat with a clean towel to remove excess moisture. Place the leaves and oils in a heat-resistant container and gently warm. Do not boil. Let the mixture sit for at least 3 hours. Strain out all the leaves and pour into a clean bottle with a tight fitting cork or lid.

To use: Rub a small amount of the oil into your skin daily. It may take several weeks, but you will soon see your freckles and age spots begin to fade. Yield: 2 ounces

Janice Cox  
Author, *Natural Beauty from the Garden, 2<sup>nd</sup> Edition*

## Lorraine's Chicken Soup with Dandelion and Violets

1 chicken, cut into pieces  
8 cups fresh spring water  
2 onions, sliced  
6 stalks celery  
6 carrots, sliced

3/cups chopped parsley  
2 cups violet leaves  
1 teaspoon sea salt  
½ teaspoon freshly cracked black pepper  
½ cup freshly grated cheddar cheese

Place chicken pieces in a stock pot. Add water, onion, and the chopped tops of the celery stalks (reserve remaining celery for later in the cooking process). Simmer for 2 hours. Remove the chicken from the stock and take the meat from the bones. Return the meat to the stock, then add the remaining celery, which has been sliced. Add barley, carrots, and ½ cup parsley. Simmer for 30 minutes, adding more water if soup thickens too much.

While soup is simmering, carefully wash and chop 3 cups dandelion leaves and 2 cups violet leaves. Add the leaves to the soup about 10 minutes before serving. Add salt and black pepper, using more or less to taste.

Serve in bowls garnished with the remaining parsley and a spoonful of grated cheese.

Lorraine Kiefer, HSA South Jersey Unit  
*The Herb Society of America's Essential Guide to Growing and Cooking with Herbs*

Be sure to check out our [Pinterest](#) page for more recipes.

**Do you have a recipe using dandelions to share?  
Please send it to [Educator@herbsociety.org](mailto:Educator@herbsociety.org)**