

# #bepesticidefree

## recipes: Dandelions!

*"A weed is just a plant whose virtues have not yet been discovered."*

- Ralph Waldo Emerson

### What exactly is it?

Dandelions (*Taraxacum officinale*) are a deeply tap-rooted perennial with yellow flower heads. Dandelions are very common due to Saskatchewan's cool and arid climate.



### If you can't beat 'em, eat 'em!

Dandelions are a nutritious source of free food. They are loaded with vitamins and anti-oxidants, and can be eaten from blossom to root.

### How to make **Dandelion Wine**, using the blossoms:

#### Ingredients:

- 16 cups of dandelion blossoms
- 4 L of boiling water
- 6 x oranges
- 4 x lemons
- 2 x yeast cakes
- 4 lb of suaar

#### Directions:

Scald the blossoms in the boiling water & let stand overnight. The next morning, strain, add the pulp & juice of 6 oranges, the juice of 4 lemons, the yeast & the sugar. Let ferment for 4 days, then strain & bottle.

Serve at room temperature.



Other products you can make with the blossoms:

- Dandelion Jelly, Dandelion Honey, and Dandelion Fritters

### How to make **Dandelion Salad**, with the greens:

#### Ingredients:

- A large bowl of dandelion greens\*
- Any other salad toppings you like

#### Vinegar & Oil Dressing:

- 1/4 cup vinegar
- 1/8 cup water
- 1 rounded tbsp sugar
- 1/4 tsp garlic salt
- 1/4 tsp onion salt
- 1/4 tsp seasoned salt
- 1/8 tsp celery seed
- 1/8 cup olive or vegetable oil

#### Directions:

Wash the dandelion greens. Mix the dressing ingredients until the sugar is dissolved. Mix the greens, dressing, and other optional toppings in a bowl.

\*Dandelion greens are best eaten fresh and before the flower has appeared.



Other products you can make with the greens:

Cream of Dandelion Soup, and Dandelion-Pineapple Juice

# How to make **Dandelion Tea**, with the roots:



## Ingredients:

- 2 tbsp of dandelion roots
- 1.5 litres of water

## Directions:

Simmer dandelion roots in the water, until the liquid is reduced by half. Strain.  
Time: 25 minutes.  
Yield: 4 ½ cups

## Health Benefits of Dandelions:

- ✓ They possess antiviral properties
- ✓ May help stabilize blood sugar levels
- ✓ Help promote digestion and gastrointestinal health
- ✓ Help cleanse and heal the gallbladder
- ✓ May help lower bad cholesterol (LDL) and raise good cholesterol (HDL)
- ✓ Support kidney function and act as a diuretic
- ✓ Promote liver detoxification
- ✓ Alleviate the bloating associated with PMS

# How to make **Cream of Dandelion Soup**:

All parts of the dandelion are used in this light, creamy, flavorful soup.

## Ingredients

- 2 cups chopped dandelion leaves
- 1 cup dandelion flower petals, divided
- 1 cup dandelion buds
- 1 stalk celery, sliced
- 1 Tbsp butter or oil
- ½ cup chopped onions
- 3 cloves garlic, minced
- 2 cups water
- 1 cup half-n-half or heavy cream
- 3 tablespoons grated parmesan cheese
- 1 teaspoon each: salt, dried parsley, dried basil
- ¼ teaspoon pepper
- ½ teaspoon each; cumin, garlic powder
- chopped green onion, for garnish
- lemon juice, optional

## Instructions

Bring a pot of water to boil, add the dandelion leaves and boil until tender, 3-5 minutes. Sauté onion and garlic in butter or oil, until tender, add water and add dandelion leaves, flower petals, buds, celery, and spices to the pot. Simmer for 45 minutes, add cream and parmesan cheese, and simmer a few minutes more. Serve immediately and garnish with flower petals, green onion, and lemon juice.

## Nutrition Facts

Serving Size 1 cup (55 g)

Amount	% Daily Value
<b>Calories 25</b>	
<b>Total Fat 0.39 g</b>	<b>1%</b>
Saturated 0.094 g	
+ Trans 0 g	<b>1%</b>
Polyunsaturated 0.168 g	
Monounsaturated 0.008 g	
<b>Cholesterol 0 g</b>	
<b>Sodium 42 g</b>	<b>2%</b>
<b>Carbohydrate 5.06 g</b>	<b>2%</b>
Fibre 1.9 g	<b>8%</b>
Sugars 2.12 g	
<b>Protein 1.49 g</b>	
<b>Vitamin A 27%</b>	<b>Calcium 9%</b>
<b>Iron 12%</b>	<b>Riboflavin 8%</b>

## Information from:

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