

# DANDELION *(Taraxacum officinale)*

**SEASONS:** *Peaks in Spring*

## FORAGING TIPS

- Hollow stem with milky sap
- Just one flower per stem
- Stems are not branched
- No hairs on the leaves or stems
- Deeply toothed or indented leaves grow in rosette at base
- Don't harvest from roadsides or areas sprayed with chemicals or frequented by pets.



## PRESERVING

- **Air dry:** single layer of flowers & leaves on screens or paper towels for several days
- **Dehydrator:** spring or fall roots, scrubbed & chopped small, 95 to 110° F until brittle
  - Store dried herbs in paper bag or glass jar for 9 to 12 months
- **Freeze:** tea for 3 to 6 months, for making jelly or soap

## BENEFITS

### External

– flowers are used for dry, chapped, cracked, skin; lymph massage oils/balms; aches & pains

### Internal

– whole plant is rich in minerals & vitamins, supports kidneys, liver, digestion, lymph, skin; not for active gallstones or if on diuretic

## LOOK-A-LIKES *(Dandelion has no toxic look-a-likes)*

### Cat's Ear

*(Hypochaeris radicata)*



Branching stems, leaves have fine hairs

### Agoseris

*(Agoseris spp.)*



Multiple flowers grow from each stalk, leaves are normally toothless

## USES

- **Eat:** Young greens & flowers in salad, pesto, smoothies; sprinkle flower petals in baked goods; turn flowers in jelly, lemonade, wine, syrup.
- **Vinegar:** 1/2 c. jar chopped leaves/flowers + apple cider vinegar to fill
  - Use vinegar for salad dressing, hair rinse, baths, bug bites.
- **Tincture:** 1 part finely chopped whole plant + 2 to 3 parts vodka
- **Tea:** steep chopped young leaves or flowers in 1 cup water for 5 to 7 minutes
- **Infused oil:** 1 part dried flowers covered with 2 to 3 times as much oil
  - Use infused oil in salves, lotion bars, lotion, lip balm, deodorant, soap

Leave plenty for native pollinators to enjoy & for making wishes with the seed heads!