



WILD DANDELION RECIPES



Now spring is here, keep on the look out for wild medicinal and edible plants. We think of the Dandelion as a weed but all parts of the plant are medicinal and healthy for us (root, leaves and flowers). The dandelion is rich in nutrients, including protein, calcium, potassium, magnesium, iron, lecithin, and vitamins A, C,B, and E. The leaves are a diuretic but do not flush potassium from the body, the roots are slightly laxative and a tea made from ground fresh or dried roots is reported to improve digestion. **Remember: any edibles you collect in the wild must only be harvested in areas where no pesticides or pollutants are present.**

1. **Salad:** Young leaves are tasty in salad if you pick them before the flowers appear, older leaves tend to be bitter and are better cooked or stir fried.

2. Soup:

- 1 pound dandelion greens, 1 cup cold water, 4 cups chicken stock
- 1 teaspoon chopped basil, 1 cup cream , 1 egg yolk

Wash dandelion greens, combine with cold water and simmer, covered, 10 minutes. Drain and process with a food mill or blender. Add stock and basil, simmer 10 minutes. In a separate bowl combine cream and egg yolk. Spoon ½ cup hot stock into cream mixture, blend with whisk, combine this cream mixture with the remaining hot stock. Heat but do not boil. Garnish with croutons. (Also good cold.)

3. Pesto:

- 2 cups tightly packed dandelion leaves, well-rinsed and dried, 1 dozen large basil leaves
- 2 garlic cloves, 1 cup lightly toasted hazelnuts, almonds, pine nuts, or walnuts
- 1/2 cup olive oil, 1/2 cup grated parmesan cheese (optional), salt and pepper to taste

In the bowl of a food processor or blender, pulse together dandelion leaves, basil, garlic, and nuts. Scrape down the sides of the bowl. With the motor running, add olive oil and process until a smooth paste forms. Pulse in cheese if you like. Season to taste with salt and pepper

4. Jelly:

- 1 quart of bright, fresh dandelion blossoms, not the green parts (the stem nor leaves)
- 2 tablespoons lemon juice, 1 package of powdered fruit pectin, 5 1/2 cups of sugar

Rinse the dandelions in cold water and snip off the stems and green collars under the blossoms. Boil the petals in 4-5 cups of water for 3-5 minutes. Cool and strain, pressing the petals to extract all the juice. Measure 3 cups of the dandelion liquid add lemon and pectin. Bring to boil. Add sugar, stirring to mix well. While stirring, boil the mixture for 2-½ minutes. Pour into small glasses and cover with paraffin when the jelly is cool.

5. Coffee-like beverage:

Scrub dandelion roots, drain, roughly chop and place on a baking sheet. Roast at 150°F (65°C) until roots are dark and dry (about 4 hours).

Cool and grind roots with food blender. Store in covered jar until used.

Add 1 heaping teaspoon of roasted roots to 1 cup of water. Steep for 3 minutes. Strain, serve.

6. Add to ground coffee:

Brew coffee as usual, adding 1 teaspoon of roasted roots for each 6 cups of coffee. More or less root may be used depending on taste.