Dandelion Facts

1) Common dandelions (*Taraxacum officinale* ssp. *officinale*) are native to Eurasia and were introduced to North America (possibly on the *Mayflower*), most likely for their food value. Dandelions are one of the most wide-spread species throughout the whole world at this point. Therefore, they are an invasive species here!
2) The word dandelion comes from the French name for the plant *dents de lion*, which means teeth of the lion and refers to the jagged leaves.
3) Dandelion greens contains lots of Dietary Fiber and Vitamins A, B6, C, E, K, Thiamin, Riboflavin, Calcium, Iron, Potassium, and Manganese!
4) Glacier Bay has mapped invasive dandelions growing on more than 800 acres!
5) Dandelions can produce seeds asexually by apomixis, where viable seeds are produced without pollination. That's why you should never pick and drop flower buds since they can still produce seeds!
6) There are several native dandelions to Alaska, but they are uncommon and do not have the weedy tendency of their Old World relatives.

If You Can't Beat 'em, Eat 'em!

Dandelion Delicacies

"Ridiculous as it sounds, we might be better off nutritionally if we threw away the crops that we so laboriously raise in our fields and gardens and ate the weeds that grow with no encouragement from us—indeed they grow despite all our strenuous efforts to eradicate them."

"We spend millions on herbicides to kill the dandelions in our lawns, while we pay millions more for diet supplements to give ourselves the vitamins and minerals that dandelion could easily furnish."

Euell Gibbons

Alaska
Exotic Plant Management Team
at Glacier Bay National Park & Preserve

Whitney Rapp
Ashley Jacobs
Sarah Kindschuh
Charlotte Ely

PO Box 140, Gustavus, AK 99826
907-697-2603 whitney_rapp@nps.gov

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Education Cookbook

References

http://www.prodigalgardens.info/dandelion%20recipes.htm
Rose Barlow, an herbalist for 20 years, believes in using plants in many different ways to provide natural optimal nourishment, right from our backyards. She is currently the director of the Coulee Region Herbal Institute in Southwest Wisconsin.
Accessed 19 June 2008

http://fooddownunder.com/cgi-bin/search.cgi?q=dandelion
Food Down Under recipes featuring dandelions.
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http://www.learningherbs.com/dandelion_recipes.html
The LearningHerbs website maintained by the Gallagher family includes dandelion recipes and other herbal information.
Accessed 19 June 2008

Dandelion Baklava

1/2 box fillo leaves
1 stick butter
2 cups finely chopped hickory nuts (try walnuts or pecans)
1 tsp sugar
1/2 tsp cinnamon
1/2 tsp nutmeg
3/4 cup Dandelion Blossom syrup (pg. 10)

This recipe involves using fillo leaves, which are extremely thin sheets of pastry dough, usually sold frozen in long thin boxes. Fillo can be fussy to work with, but the results are so worth it! It's actually a lot more forgiving than it seems, so don't be afraid to try it!

1. Combine nuts with sugar and spices.
2. Melt butter.
3. Layer 8 sheets of fillo into a buttered 9x13 pan, brushing every other sheet with butter using a pastry brush.
4. Sprinkle evenly with 1/2 of the nut mixture.
5. Layer 8 more sheets. Sprinkle the rest of the nut mixture.
6. Layer the rest of the fillo sheets, brush the top layer generously with butter.
7. Cut carefully into 30 squares (6x5) with a sharp knife *before* baking.
8. Bake at 375 for about one-half hour. When slightly browned, remove from oven.
9. Pour room temperature Dandelion Blossom Syrup (pg. 10) over the hot baklava, while it is still piping hot.

Note: Fillo leaves used to come with two packages per box, sized for 9x13 pans. Lately it's been all in one package and sized much bigger, so it is necessary to cut the stack of leaves in half before beginning. Half-sheets fit the 9x13 pans nicely.

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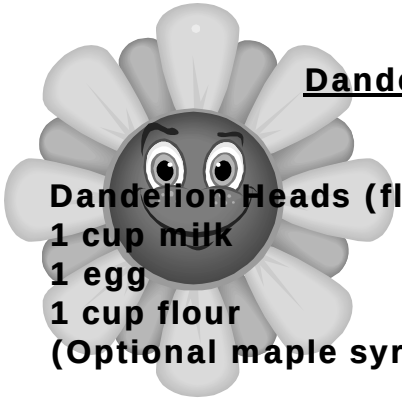
SOUPS

CREAM OF DANDELION SOUP

4 cups chopped dandelion leaves
2 cups dandelion flower petals
2 cups dandelion buds
1 Tbsp butter or olive oil
1 cup chopped wild leeks (or onions)
6 cloves garlic, minced
4 cups water
2 cups half-n-half or heavy cream
2 tsp salt

1. Gently boil dandelion leaves in 6 cups water. Pour off bitter water. Boil gently a second time, pour off bitter water.
2. In a heavy-bottom soup pot, sauté wild leeks and garlic in butter or olive oil until tender.
3. Add 4 cups water.
4. Add dandelion leaves, flower petals, buds, and salt.
5. Simmer gently for 45 minutes or so.
6. Add cream and simmer a few minutes more.

Garnish with flower petals.

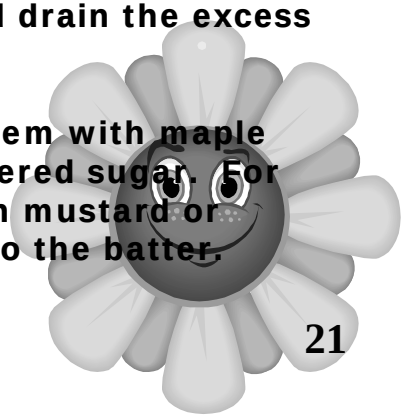


Dandelion Fritters!

Dandelion Heads (flowers only for fritters!)
1 cup milk
1 egg
1 cup flour
(Optional maple syrup and honey)

1. **Mix together egg and milk. Stir in flour, and your fritter batter is ready to go. (If you like your fritters sweet you can add a little maple syrup or honey.)**
2. **Now, prepare a skillet on the stove with gently warmed olive oil – keep it over medium heat.**
3. **Take one of the flowers and hold it by the greens at the base of the flower petals. Dip the petals into the batter and twirl until the flower is covered.**
4. **Drop it into the skillet, flower side down. Continue dipping and dropping flowers, checking the first ones every once in a while to see if they are brown. When they've lightly browned, flip them over and brown them on the other side.**
5. **When they're brown on both sides remove them from the skillet and drain the excess oil on a paper towel.**

For a sweet treat, drizzle them with maple syrup, honey, jam, or powdered sugar. For savory fritters try dipping in mustard or adding some savory herbs to the batter.



Dandelion Blossom Cake

2 cups flour
2 tsp baking powder
1½ tsp baking soda
1 tsp cinnamon
1 tsp salt
1 cup sugar
1 cup dandelion blossom syrup (pg. 10)
1½ cups oil
4 eggs
2 cups Dandelion blossom petals
1 can crushed pineapple
½ cup walnuts
½ cup coconut

1. Sift together dry ingredients.
2. In separate bowl, beat sugar, dandelion syrup, oil and eggs together until creamy.
3. Add pineapple, walnuts, and coconut. Mix well.
4. Stir dry ingredients into the mixture until well blended.
5. Pour batter into a greased 9x13 cake pan and bake at 350° for about 40 minutes.

Frosting

Blend together:
8-oz package cream cheese, room temperature
1 cup powdered sugar
1 or 2 Tbsp milk

Pumpkin-Dandelion Soup

1 medium to large onion, chopped
6 cloves garlic, minced
2 Tbsp butter or olive oil
6 cups water
4 cups mashed pumpkin, prepared as above
1 cup heavy cream
½ tsp nutmeg
1½ tsp salt

Prepare in advance:
1 large handful Dandelion greens:
Chop leaves into bite-sized pieces. Cook in boiling water until tender. Pour off water and taste. If they seem too bitter for your taste, boil again and strain.
1 small pumpkin:
Bake whole pumpkin on baking sheet at 350° for 1 hour or until completely soft, Remove when you can put a fork or knife easily through it. Let cool. Cut in half and discard seeds. Rind will peel easily.

1. Sauté onion and garlic in oil or butter in a heavy-bottomed soup pot.
2. Add 6 cups water.
3. Add dandelion greens and pureed pumpkin to soup. Stir well.
4. Add salt. Cook at a gentle simmer for 30 minutes.
5. Just before serving add 1 cup heavy cream and ½ tsp nutmeg.

Split Pea-Dandelion Bud Soup

1. Simmer for 1½ to 2 hours or until done:
   1 cup split peas
   1 tsp salt
   6 cups water
2. Sauté in 2 Tbsp butter:
   1/2 cup onions, chopped
   4-5 cloves garlic, minced
   1/2 cup celery, sliced thin
   2 cups dandelion buds
   1/2 tsp basil
   1/2 tsp sage
   1/2 tsp savory
3. Add the sauté to split pea broth.
4. Simmer slowly ½ hour or so.
5. Just before serving add:
   1 cup milk
   1-2 cups cubed cheese

Garnish with dandelion blossom petals. This hearty soup is fit for the finest table!

Desserts

Roasted Dandelion Root Coffee Ice Cream

Here's a recipe for the really adventurous

2 1/2 cups heavy cream
1 1/2 cups half-and-half
1 1/4 cups sugar
5 egg yolks

1. Grind Roasted Dandelion Roots roasted Dandelion roots (pg. 17) into a powder using a coffee mill and sifter.
2. Place cream, half-and-half and sugar in a medium pot or double boiler. Bring it just barely to a simmer, stirring to dissolve the sugar.
3. Add Roasted Dandelion Root powder. Maintain heat at a bare simmer, be sure not to boil, for 5 minutes.
4. Turn off heat and cover pot. Let the roots steep for 45 minutes.
5. Strain out and discard root material.
6. Whisk up egg yolks in a bowl. Gradually add to the warm Dandelion Root cream.
7. Heat gently and stir until sauce thickens enough to coat the back of a spoon.
8. Strain (optional) and chill.
9. Freeze in an ice cream machine according to directions.

Dandelion Chai

Chai is a Middle Eastern word that means "tea" but here in America we've adapted the term to mean a very spicy tea made with milk and sweetener.

1 cup roasted dandelion root (pg. 17)
6 Tbsp fennel or anise seed
36 green cardamom pods
72 cloves
6 cinnamon sticks
2 Tbsp dried ginger root
1 1/2 tsp black peppercorns
12 bay leaves

1. Add 1 Tbsp tea mixture for each cup of water.
2. Simmer 5 minutes, then let steep for 10 minutes.
3. Add 1 Tbsp honey or brown sugar (or dandelion syrup) per cup.
4. Add 2 Tbsp milk or cream per cup.
5. Gently reheat and serve.

Warm Winter Spice Tea

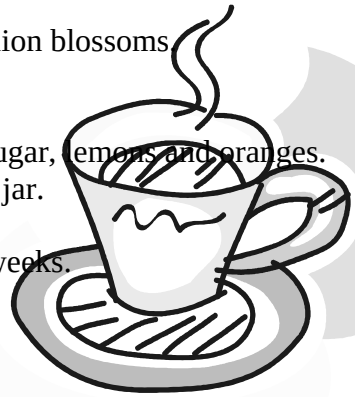
1 cup roasted dandelion root
1/2 cup dried Orange Peel
1/2 cup Cinnamon bark
1/4 cup dried Ginger root

Use 1 Tbsp per cup water. Simmer gently 10-15 min. Sweeten with honey, if desired.

Dandelion Wine

1 qt dandelion blossoms
1 gal hot water
3 1/2 lb. sugar
2 lemons, cut up
2 oranges, cut up

- Pour hot water over dandelion blossoms.
- Let stand for 24 hours.
- Strain through a jelly bag.
- Heat juice again and add sugar, lemons and oranges.
- Reheat, then put in a stone jar.
- Let ferment.
- Skim everyday for 6 or 7 weeks.
- Then bottle.



SALADS

Dandelion Egg Salad

4 hard-boiled eggs
2/3 cup dandelion greens, chopped and cooked
1 tsp horseradish
1 tbsp fresh chives
1/2cup mayonnaise

1. Chop eggs coarsely.
2. Add Dandelion greens, chives, and horseradish. Mix gently.
3. Add mayonnaise and mix just enough to coat ingredients.

Dandelion Pasta Salad

Mix together:
3 cups cooked pasta
1 1/2 cups diced tomatoes, drained
1 cup dandelion greens, pre-cooked
2 wild leeks, minced, greens and all or 2 Tbsp minced onions
8 olives, sliced
2 Tbsp vinegar
1 Tbsp olive oil
1/2 tsp salt

CONDIMENTS

Dandelion Mustard

1 cup yellow mustard seeds (whole)
1 1/4 cups dandelion vinegar (see http://www.prodigalgardens.info/Herbal%20Vinegars.htm)
1/2 cup dandelion Blossom syrup
1 cup pureed fresh dandelion greens
3 cloves garlic, minced
3/4 tsp salt

Homemade mustard is incredibly easy to make and endless in variations and possibilities. Making them "wild" involves preparing an herbal vinegar ahead of time. In the case of Dandelion Mustard, You can also use Dandelion Blossom Syrup (pg. 10) and fresh greens.

1. Soak the mustard seeds in the Dandelion vinegar for several hours or overnight.
2. Stir in the rest of the ingredients.
3. Let it all sit together in a covered container for several days to mellow.
4. Put in small jars (1/4 pints work nicely).

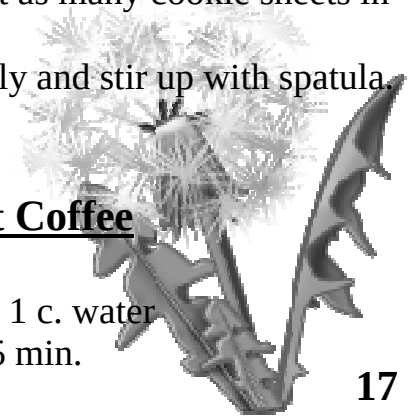
Note: Mustard keeps well in the fridge for many months or you may can it in a boiling water bath for 10 minutes to seal.

Drinks

Roasted Dandelion Root

Great Nutritional Value!
5 gal bucket of roots =
3-4 quarts of ground roots =
10 gallons of coffee!

1. Gather the tap root of the dandelion.
2. Cut root from plant and chop into chunks.
3. Clean root very thoroughly before and after you chop the roots.
4. Put two cups of the chopped roots into the food processor and grind them until they are a finely ground to your liking. Do this until all your roots have been ground.
5. Spread onto a cookie sheet 1/2” deep.
6. Bake at 250º F (leave the door slightly ajar to dry and roast at the same time).
7. Leave in for 2 hrs (try to get as many cookie sheets in the oven).
8. Rotate the sheets periodically and stir up with spatula.
9. Cool into glass jars.



Roasted Dandelion Root Coffee

1 tbl roasted dandelion root to 1 c. water
Simmer in hot water for 10-15 min.

Creamed Dandelion Leaves

1 lb fresh dandelion leaves
1 qt water
2 Tbsp butter
1/2 tsp salt
2 Tbsp flour
1 cup milk
(salt and pepper)

1.Clean and wash the dandelion leaves and put into a 3 qt saucepan . Add water and salt, let it come to a boil. Lower heat and simmer 15 min. Remove from heat and drain. Over high heat, melt butter in a 2 qt saucepan, add the flour and work the mixture into a smooth paste.

2. Add the milk to make a smooth thick cream. Add salt and pepper. Place the dandelion leaves (well drained) on a cutting board and chop finely. Add the leaves to the saucepan and mix. Reheat if necessary. Serve with meat in a large bowl. (Delicious served with meat & sour cream)

Dandelion Vinaigrette

1 1/2 cup olive oil
3/4 cup Dandelion vinegar (see http://www.prodigalgardens.info/Herbal%20Vinegars.htm)
4 cloves garlic
1/2 tsp salt
2 Tbsp Dandelion Mustard (or Dijon)
3 Tbsp Dandelion Blossom syrup
2 cups fresh, chopped dandelion greens

This recipe involves having some pre-made dandelion products. It is delicious beyond belief and is guaranteed to convince any skeptic of the culinary virtues of dandelion.

Whiz everything together in a blender or food processor.

Dandelion Jelly

1 qt dandelion flowers
1 qt water
1 tsp lemon juice
1 box Sure-Jell

1. Cook the flowers and water together for 3 minutes
2. Strain and save juice.
3. Follow directions on Sure-Jell box using dandelion water.
4. Bring to a boil, then add 4 1/2 cups sugar and lemon juice.

Breakfast

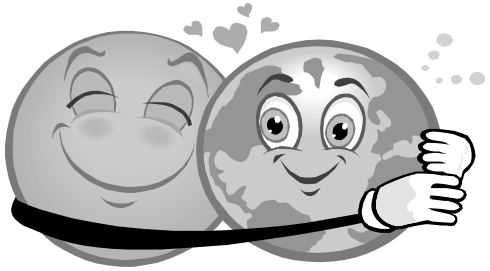
Dandelion Blossom Syrup

This is a traditional recipe passed down from the old world Europeans. Use it as a substitute for honey in any recipe in the book.

1 qt dandelion flowers1 qt (4 cups) water
4 cups sugar
1/2 Lemon or orange (organic if possible) chopped, peel and all
Note: The citrus is optional, it will give the syrup an orangey or lemony flavor. If you want the pure dandelion flavor, you can skip the citrus.

1. Put blossoms and water in a pot.
2. Bring just to a boil, turn off heat, cover, and let sit overnight.
3. The next day, strain and press liquid out of spent flowers.
4. Add sugar and sliced citrus and heat slowly, stirring now and again, for several hours or until reduced to a thick, honey-like syrup.
5. Can in half-pint or 1 pint jars.

This recipe makes a little more than 1 pint. You can easily triple or quadruple this recipe. Make more than one batch when the blossoms are in season to have enough for the year. The syrup makes great Christmas presents, so make plenty!



Dandelion Cornbread

1 cup cornmeal
1 cup white flour
2 tsp baking powder
$\frac{3}{4}$ tsp baking soda
1 tsp salt
2 large eggs
$\frac{1}{2}$ cup Dandelion Blossom Syrup (pg. 10) or honey
$\frac{1}{4}$ cup oil or butter
1 cup milk (buttermilk is best!)
1 cup dandelion blossom petals

1. Mix dry ingredients together.
2. Add all the rest of the ingredients and blend until smooth.
3. Pour batter into a 9x9 pan, or 10-inch cast-iron frying pan.
4. Bake at 375° for 25 minutes.
5. Serve hot with butter and Dandelion Blossom syrup. (pg 10).

Dandelion Green Fettuccini Noodles

Some people find dandelion greens too strong, simply added to a salad, but here is a basic pasta recipe that uses them to the best effect.
It also works using other greens. (1 serving)

2 Cups Dandelion Greens
2 Eggs
1 1/2 cup Flour
1/2 tsp Salt

1. In a blender, blend dandelion greens and eggs until smooth.
2. Transfer to a bowl, add salt and start adding flour while beating with a spoon. Keep adding until dough is stiff.
3. Turn out onto floured surface and knead until smooth (App. 5 min).
4. Roll out with a rolling pin in 1/8'- 1/4' thickness or thinner.
5. Allow to stand and dry 1 hour, then cut into strips.
6. Drop into boiling water and cook 1-2 min.

Dandelion Blossom Pancakes

1 cup white flour
1 cup cornmeal
1 tsp salt
2 tsp baking powder
2 eggs
$\frac{1}{4}$ cup oil
$\frac{1}{2}$ cup Dandelion Blossom syrup (pg. 10) or honey
2 cups milk
1 cup Dandelion blossom petals

1. Mix dry ingredients first.
2. Add wet ingredients and mix together thoroughly *(Note: the secret of keeping pancake batter from getting lumpy is to be sure to add **all** the wet ingredients before mixing.)*
3. Adjust consistency by adding a little more milk or a little more flour if it's too thick or thin. Pancake batter should be thin enough to pour, but not runny.
4. Cook on oiled grill.
5. Top with butter and Dandelion Blossom Syrup. (pg. 10)

Dinner

White Bean and Ham Soup with Dandelion Greens

1 lb Ham (cut bite-sized)
2 carrots chopped
1 onion chopped
1 lb green northern beans rinsed, and broken pieces picked out
8 cups water
2 bay leaves
1 bunch dandelion leaves
Black pepper and salt for seasoning

1. Heat oven to 350 degrees. Heat the ham in a large, heavy oven-proof soup pot over medium heat. Add the carrots, cover and cook 5 min. Add the onion, cover and cook until soft, stirring several times so they don't stick to the bottom, about 10 more min.
2. Add the beans, water 1 teaspoon salt and bay leaves, cover and bake until the beans are quite tender, about 2 hours.
3. Discard touch parts of dandelion stems. Chop the dandelion greens, remove the soup pot from the oven and stir in the greens. Replace the cover and set aside, Chop the dandelion greens, remove the soup pot from the oven and stir in the greens. Replace the cover and set aside, Remove the bay leaves. Season to taste with pepper and salt, though the latter probably won't be necessary because of the ham.
4. This recipe yields 6 to 8 servings.

Pasta and Dandelion Stems

1/2 lb Linguine
2 Tbsp extra virgin olive oil
2 oz pancetta or bacon, coarsely chopped
2 lbs dandelion stems cut into 1 1/2 in pieces
2 lrg garlic cloves
1 Tbsp fresh lemon juice
Crushed red pepper (lrg. pinch)
Salt
Parmesan cheese

- Cook linguine in a large pot of boiling salted water until al dente.
- Meanwhile in a large skillet, heat the olive oil.
- Add pancetta and cook over moderately high heat until crisp. Transfer the pancetta to a plate. Add the dandelion stems to the skillet and cook until crisp-tender, about 5 min. Add the garlic and cook until lightly browned (about 2 min).
- Drain the linguine. In a large warmed bowl, toss the pasta with the dandelion stems, lemon juice, and a large pinch of crushed red pepper.
- Season with salt and serve with Parmesan cheese.