DANDELION

CULTIVATION: Dandelion is a low growing variable perennial with deep tap roots, and yellow flowers on hollow stem.

Prefers sunny and open location, and grows in any soil. Sow seeds in spring to early autumn. Dandelion will self-seed profusely. Flavor is improved if you tie leaves together to blanch the hearts, or make a tent of boards over them. Dandelions produced by the seeds offered in catalogs are somewhat larger and more succulent than those growing wild. Germination time is about 14 days, and plant matures in about 60 days. Grows in zone 3-10.

Harvest before flowers open. Keep flowers picked off plants you don't harvest. Grow as an annual to prevent bitterness developing in the plants. Parts used are the leaves, flowers, and the roots.

CULINARY USES: ========== In the last century plants with larger leaves have been developed as a autumn and spring vegetable, these usually being blanched in the same way as endive.

The roots can be eaten raw in salads.

Dandelion greens are bitter. The secret is to pick them in early spring before the yellow flowers appear. Look for the ones that grow in a shady spot. Bright sun makes them dark green, but very bitter.

Leaves are high in vitamin A, and B, niacin and iron.

SPRING SALAD : Cooked dandelion make a tasty vegetable that is even more beneficial than spinach. Thoroughly wash the leaves and cook in boiling water for 5 minutes. Drain and discard the water. Cook leaves again in salted boiling water for a further 10 minutes. Strain and serve with

butter.

MEDICAL USES: ========== Researchers have suggested that a natural occurring compound called Lecithin may help prevent cirrhosis of the liver. Dandelion contains about 30.000 parts per million of Lecithin, almost twice the amount found in soybeans, a more widely known source.

Dandelions are also rich in Inulin, a slow digested starch. Inulin, and traditionally dandelion, are sometimes recommended for people with diabetes who need to stabilize their blood sugar swings.

Dandelion may enhance the flow of bile, and improve such condition as liver congestion, bile duct inflammation, hepatitis, gallstone, and jaundice. It also has both diuretic and laxative capabilities.

One study showed, dandelion inhibits the growth of the fungus responsible for vaginal yeast infection. Add a couple of handful of dried leaves and flowers to the bath water. Other studies showed dandelion roots have anti-inflammatory properties, suggesting possible value in treating arthritis.

WARNING: ======== Generally regarded as safe, for healthy nonpregnant, nonnursing adults.

OTHER USES: ========== Grind dried and roasted roots to make a coffee substitute. Flowers are used in dandelion wine, and leaves in dandelion beer and tonic drinks.

COSMETIC USES: ========== The latex in the dandelion leaves are rich in emollient. This is great for facial steams, cleansing milk, and moisturizer for all skins, especially good for dry sallow skin. SKIN TONIC : Crush 1 teaspoon of fresh dandelion leaves, and add to one cup of boiling water. Let stand for 1/2 hour, strain and let cool. This will revitalize the skin and improve the circulation. The tonic can be stored in a sealed bottle in the refrigerator for about 10 days without losing power.

here is an old recipe for making coffe from dandelion roots.

"I carefully washed the roots quite clean, with out depriving them of the fine brown skin which covers them, which contains the aromatic flavour which so nearly resembles coffee that it is difficult to distinguish it while roasting.

I cut my roots into small pieces, the size of a kidney bean, and roasted them on an iron baking pan in the stove oven, until they were as brown and crisp as coffee. I then ground and transferred a small cupful of the powder to the coffee pot, pouring upon it scalding water, and boiling it for a few minutes briskly over the fire. The result was beyond my expectations. The coffee proved excellent- far superior to the common coffee we procured at the stores."

from: Roughing it in the Bush, or Life in Canada" by Susanna Moodie, 1852

has anyone out there ever tried this? my questions are:

when do you harvest the roots?

how long do the roasted roots keep?
what is in it ie. nutrionally?

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LATIN NAME: Taraxacum officinale Weber

OTHER LATIN NAMES: T. vulgare, Leontodon taraxacum (287-553, 449-20, 144-113); Taraxacum dens-leonis (145-82);

COMMON NAMES: Common Dandelion (287-553); Blowball, Arnica, Lion's Tooth, Cankerwort, Milkwitch, Irish Daisy, Monk's-head, Priest's-crown, Puff-ball (131-

Dandelion); Priest's Crown, Blow-ball, Swine's Snout (249-23); Wild Endive (109-9); Dent de Lion, Pissenlit (French, piss-in-bed); Hundeblume, Lowenzahn, Milchdistel, Monchkopf, Rohrlkraut (German); Dente di leone, Soffione (Italian); Amargon, Diente de leon (Spanish) [381-102]; Doonheadclock, Yellow gowan (134-195); Kuhblume (German, 439-181); Fortuneteller (305-67); wet-a-bed, piss-en-lit (145-82);

PLANT DESCRIPTION: Common Dandelion

GENERAL: Introduced plant to Canada (287-553); Weedy perennial herb (EB Vol III, 368); herbaceous plant, with a perennial, fusiform root (139-75); Plants perennial from taproots; the fresh parts exuding a milky juice when cut or broken; true stems very short, the leaves all clustered at about ground level (376-99);

LEAVES: Leaves generally less deeply cut, with an enlarged terminal lobe (287-553); Leaves subentire, sinuate-dentate or variously pinnatifid, the lobes mostly
toothed (342-945); Has a rosette of leaves at the base of the plant (EB Vol III, 368); Leaves that may be nearly smooth-margined, toothed, or deeply cut (EB Vol III, 368); The leaves, which spring immediately from the root, are long, pinnatifid, generally runcinate, with the divisions toothed, smooth, and of a fine green colour (139-75); Leaves lobed in from their sides (376-99);

ROOTS: A deep taproot (EB Vol III, 368); The fresh full-grown root of the Dandelion is several inches in length, about as thick as the little finger, round
and tapering, somewhat branched, of a light brownish colour externally, whitish within, having a yellowish ligneous cord running through its center, and abounding in a milky juice. In the dried state it is much shrunk, wrinkled longitudinally, brittle, and when broken presents a shining somewhat resinous fracture. It is without smell, but has a sweetish, mucilaginous, bitterish, herbaceous taste. Its active properties are yielded to water by boiling, and do not appear to be injured in the process (U.S.D.) [139-76]; The thick tap root

can
grow up to 30 cm (12 in) long in rich soil (305-68)

FLOWERS: Flowers all ligulate and perfect, yellow, generally numerous. The outer involucrate bracts are reflexed; the inner involucrate bracts are not corniculate
(287-553); heads large, up to 5 cm broad; ligules orange to yellow; involucral bracts lacking horns or tubercles below apex, the outer lanceolate to linear, more or less spreading or reflexed (342-945); A smooth hollow stem (EB Vol III, 368); A solitary yellow flower head composed only of ray flowers (no disc flowers) (EB Vol III, 368); The outer bracts which surround the inflorescence are
bent sharply backward in this species (131-Dandelion); The flower-stem rises from
the midst of the leaves, 6 inches or more in height. It is erect, simple, naked,
smooth, hollow, fragile, and terminated by a large golden-coloured flower, which closes in the evening, and expands with the returning light of the sun. The calyx is smooth and double, with the outer scales bent downwards. The florets are very numerous, ligulate, and toothed at their extremities. The receptacle is convex and punctured (139-75); The leafless flower stalks hollow in the center, varying in height depending on where the plant grows and the age of the flower, usually about 2 to 12 inches long; flowers crowded in a head, one to a stalk, yellow in colour, the head, when open, about 1/2 to 2 inches wide (376-99);

JUICE: All parts of the plant contain a milky bitterish juice, which exudes when they are broken or wounded (139-76);

FRUIT/SEEDS: Achenes olivaceous or sramineous to brown, the beak generally 2.5-4 times as long as the body (287-553); Achenes olivaceous, the body 3.5-4 mm long with slender beak, 2.5-4 times as long as body, variously tuberculate-spinulose; pappus white (342-945); When the pappus consists of numerous capillary bristles, it facilitates wind distribution of the achenes (EB Vol 2, 214); The fruit is a

ball-shaped cluster of many small, tufted, one-seeded fruits (EB Vol III, 368); The seed-down is stipitate, and at the period of maturity, is disposed in a spherical form, and is so light and feathery as to be easily borne away by the wind, with the seeds attached (139-76); Fruits small and seedlike, pale grey to olive-green in colour, each one bearing a parachute of hairs at the apex (376-99);

HABITAT: Waste places, roadsides (342-945); Meadows and grasslands...it shuns wet
places (249-23); Dandelions grow in pastures, on waste ground, along roadsides; and especially, it seems, in gardens, where once established they are very difficult to get rid of (But in parts of Europe, dandelion is widely cultivated).

RANGE: Described from Western Europe (342-945); Native to Eurasia but widespread throughout much of temperate North America (EB Vol III, 368);

Note: Porsild (1980) lists 16 species of dandelion growing in the Northwest Territories, from the Far North to south of the tree-line. The larger species are the ones most frequently used as food." (305-67)

NOTE: An aggregate species comprising numerous mostly apomictic microspecies. The
most widespread of these within the area of interest is T.vagans Hagl., with narrow outer involucral bracts about 2 mm broad; others are T. Dahlstedtii Lindb.
f., T. undulatum Lindb. f. & Markl., and T. retroflexum Lindb. f., all introduced
from Europe (342-945)

VARIETIES:

- 1919 U.P. Hedrick, Sturtevant's Edible Plants of the World, pg. 564. "Bauhin, in his Pinax, 1623, enumerates two varieties of dandelion: one, the Dens Leonis

latiore filio, carried back in his synonymy to Brunselsius 1539; the other, Dens Leonis angustiore folio, carried back in like manner to Caesalpinus, 1583. The first kind, he says, has a large and a medium variety, the leaves sometimes pointed, sometimes obtuse. In the Flore Naturelle et Economique, Paris, 1803, the same varieties, apparently, are mentioned, one with narrow leaves and the other with large and rounded leaves. In Martyn's Miller's Dictionary, 1807, the leaves of the dandelion are said to vary from pinnatifid or deeply runcinate in a very dry situation to nearly entire in a very moist one, generally smooth but sometimes a little rough; and Leontodon palustris is described as scarcely more thjan a variety, varying much in its leaves, which have few notches or are almost
entire, the plant smoother, neater, more levigated and more glaucous than the common dandelion." (394-564)

SOME SIMILAR SPECIES

1. Taraxacum laevigatum (Willd.) DC

OTHER LATIN NAMES: T. erythrospermum (287-553);

COMMON NAMES: Red-seeded Dandelion (287-553);

APPEARANCE:

FLOWERS: Flowers all ligulate and perfect, yellow, generally numerous. The outer bracts generally corniculate (287-553);

LEAVES: Leaves tending to be deeply cut their entire length, without an enlarged terminal segment, the lobes narrow (287-553);

FRUIT: Achenes becoming red to reddish-brown or reddish-purple at maturity, the beak generally 1-3 times as long as the body (287-553);

HABITAT:

RANGE:

2. Taraxacum ceratophorum (Ledeb.) DC

Note: The horned Dandelion is a native species (451-97).

OTHER LATIN NAMES: T. lapponicum, T. montanum (287-554); Leontodon ceratophorus Ledeb. (342-945);

COMMON NAMES: Horned Dandelion (287-554);
APPEARANCE: Native, unaggressive species of the high mountains (287-553); Perennial herb with milky juice, with a simple or branched stem-base and a thick,
often blackish, taproot; flowering stems solitary to several, naked, 3-10 cm tall
(451-97);

FLOWERS: Flowers all ligulate and perfect, yellow, generally numerous. Outer involucrate bracts appressed to lax or somewhat spreading, not reflexed; flowers in the summer (287-553); inner involucrate bracts often corniculate (287-554); all or at least some involucral bracts with horn or tubercle below apex; outer bracts mostly appressed, broader than the inner (342-945);

LEAVES: Leaves less dissected than in number 1 (287-553); Leaves of various form 342-945); All basal, lance shaped, toothed or more usually pinnately lobed or divided, the terminal lobe often wider than the others, tapering to more or less winged stalks (451-97);

FRUIT: Achenes olivaceous or stramineous to brown, beak much larger than body (287-554); only obscurely or scarcely quadrangular (287-554); Achenes beaked, ribbed, spiny above (451-97);

HABITAT: Plants of meadows and other moist places (often larger than T. lyratum) (287-554); Meadows, moist places in the mountains (342-945); Moist to dry subalpine and alpine meadows; high elevation tundra, scree, and gravelly ridges. Common but rarely abundant at high elevations throughout our region (451-97);

RANGE: Circumboreal, south to California and New Mexico (287-554); Described from
Kamchatka (342-945);

NOTE: A large group of small taxa, which maintain themselves as distinct units through seeds that are formed without fertilization. About 45 such microspecies are known from the area of interest (Alaska & neighbouring territories); doubtless the number that occur is considerably larger (342-945).

3. Taraxacum eriophorum Rydb.

OTHER LATIN NAMES: T. olympicum (287-554);

COMMON NAMES: Rocky Mountain Dandelion (287-554);

APPEARANCE:

FLOWERS: Flowers all ligulate and perfect, yellow, generally numerous. Outer involucrate bracts appressed to lax or somewhat spreading, not reflexed; flowers in the summer (287-553); inner involucrate bracts seldom corniculate (287-554);

LEAVES: Leaves less dissected than in number 1 (287-553);

FRUIT: Achenes olivaceous or stramineous to brown or reddish, beak much larger than body (287-554); Achenes becoming red or reddish-brown to reddish-purple at maturity, tending to be sharply quadrangular (287-554);

HABITAT: Plants of meadows and other moist places (often larger than T. lyratum)

(287-554);

RANGE: Cordilleran (287-554);

4. Taraxacum lyratum (Ledeb.) DC

OTHER LATIN NAMES: T. scopulorum (287-554);

COMMON NAMES: Dwarf Alp Dandelion (287-554);

APPEARANCE:

FLOWERS: Flowers all ligulate and perfect, yellow, generally numerous. Outer involucrate bracts appressed to lax or somewhat spreading, not reflexed; flowers in the summer (287-553); inner involucrate bracts seldom corniculate (287-554);

LEAVES: Leaves less dissected than in number 1 (287-553); Leaves seldom > 15 mm wide, and with small heads (involucrate 7-18 mm) (287-554);

FRUIT: Achenes blackish, rarely slightly reddish at the summit, not quadrangular,
beck about = body (287-554);

HABITAT: Dwarf plants of rocky places, seldom > 15 cm (287-554);

RANGE: Arctic America and eastern Asia, south in the cordillera (287-554);

SOME OTHER IMPORTANT SPECIES:

- T. lateritium Dahlstedt) (342-946)
- T. lacerum Greene (342-946)
- T. trigonolobum Dahlstedt (342-947)
- T. scanicum Dahlstedt (342-947)
- T. phymatocarpum J. Vahl (342-948)

- T. hyparcticum Dahlstedt (342-948)
- T. alaskanum Rydb.(342-949)
- T. kamtschaticum Dahlstedt (342-949)
- T. carneocoloratum Nels (342-950)
- T. koksaghyz (Russian Dandelion) (EB Vol.2, pg. 213)
- T. lacerum Greene (305-67)

CLASSIFICATION Common Dandelion

CLASS: Angiospermae (Angiosperms or Flowering Plants) (118-10); Division: Magnoliophyta (EB Vol.2, 213);

SUBCLASS: Dicotyledoneae (Dicotyledons, Dicots) (118-10); Magnoliopsida (EB, Vol.2, 213);

SUPERORDER: Asteridae (118-15)

ORDER: Asterales (118-15)

- 1982 The New Encyclopaedia Britannica, Volume 2, pg. 213. "Consists of a single very large family of flowering plants, the Asteraceae, also called Compositae. The Asteraceae family is one of the largest families of flowering plants, perhaps the largest. The number of species is not accurately known; but estimates of 15,000 to 20,000 are current.

- 1982 The New Encyclopaedia Britannica, Volume 2, pg. 213. "The most obvious and outstanding general feature of the Asterales is that the flowers are characteristically grouped into compact inflorescence (heads) that superficially resemble individual flowers....Furthermore, in more than half the members of the

order, the flowers in the outermost row or rows of the head have a modified, mainly flat and elongate corolla (the collection of petals) that more or less resembles an individual petal of an ordinary flower. The "petals" of a daisy or sunflower are actually these outermost flowers of the head." (EB Vol.2, 213)

- 1982 The New Encyclopaedia Britannica, Volume 2, pg. 214. "Various genera and individual species of the order are known to be reproduced by apomixis, the setting of seed without fertilization, either completely or in addition to normal
sexual means...and some of the species are represented in large parts of their range only by pistillate (female) plants." (EB Vol.2, 214)

- 1982 The New Encyclopaedia Britannica, Volume 2, pg. 214. "The fruit of the Asterales is an achene; i.e., it is dry, contains only one seed, and does not open at maturity." (EB Vol.2, 214)

FAMILY: Compositae (The Sunflower Family) (118-15); Asteraceae (Vol.2,pg.213);

- 1978 V.H. Heywood, Flowering Plants of the World, pg. 265. "The classification of the Compositae is in a state of transition. The arrangement into twelve tribes, which has been generally accepted for the last 20 years, is now seen to be in need of modification, in the light of recent discoveries in biochemistry, pollen analysis, micromorphology, anatomy and cytology. Not a few genera have been shown to be misplaced, while others require segregation into distinct tribes. Below tribal level, the classification into subtribes and genera is likely to be much modified in the light of new knowledge, and the number of accepted species is likely to undergo reduction. The following arrangement recognizes two subfamilies and 17 tribes: (118-265)

Subfamily Lactucoideae

1. Lactuceae: Nine subtribes, 70 genera, 2,300 species (Taraxacum)
2. Mutisieae: Three subtribes, 90 genera, 1000 species
3. Eremothamneae: One subtribes, one genus, one species (Eremothamnus)

4. Arctotideae: Three subtribes, 15 genera, 200 species
5. Cardueae: 3 subtribes, 80 genera, 2,600 species
6. Vernonieae: One subtribe, 50 genera, 1,200 species
7. Liabeae: One subtribe, 15 genera, 120 species
8. Eupatorieae: Three subtribes, 120 genera, 1,800 species

Subfamily: Asteroideae

9. Senecioneae: Three subtribes, 85 genera, 3,000 species
10. Tageteae: Two subtribes, 20 genera, 250 species
11. Heliantheae: 26 subtribes, 250 genera, 4000 species
12. Inuleae: Three subtribes, 180 genera, 2,100 species
13. Anthemideae: Four subtribes, 75 genera, 1,200 species
14. Ursinieae: Three subtribes, 8 genera, 120 species
15. Calenduleae: One subtribe, 7 genera, 100 species
16. Cotuleae: One subtribe, 10 genera, 120 species
17. Astereae: Three subtribes, 120 genera, 2,500 species

SUB-FAMILY: Lactucoideae (118-267)

- 1978 V.H. Heywood, Flowering Plants of the World, pg. 267. "Capitula homogamous, ligulate, bilabiate or discoid, less often heterogamous, radiate or disciform; disk florets usually with long, narrow lobes, purplish, pinkish or whitish, less often yellow; anthers dorsifixed; style arms usually with single stigmatic area on inner surface; pollen ridged, ridged and spiny, or spiny." (118-267)

TRIBE: Lactuceae (118-267)

- 1978 V.H. Heywood, Flowering Plants of the World, pg. 267. "Capitula ligulate; latex ducts present; resin canals mostly absent; pollen usually ridged and spiny or spiny; mostly herbs; leaves alternate. Nine subtribes, 70 genera, 2,300 species, worldwide, mainly in the Northern Hemisphere." (118-267)

GENUS: Taraxacum (118-267)

- 1963 Graighead, Graighead & Davis, A Field Guide To Rocky Mountain Wildflowers,
pg. 229. "Close to 1000 species of Taraxacum have been described, but conservative botanist now recognize around 50; in the Rockies there are about a half dozen." (6-229)

- 1968 Eric Hulten, Flora of Alaska and Neighbouring Territories, pg. 944. "Many or most Taraxacum taxa do not employ normal sexual reproduction, but form viable seeds without fertilization, which gives rise to exactly similar plants. It is therefore possible to recognize a large number of young but constant taxa, just as it is possible to recognize different kinds of apples propagated without fertilization." (342-944)

PLANT CHEMISTRY

CONSTITUENTS:

- 1834 George Graves, Hortus Medicus (Medicinal Plants), pg. 20. "The root, flower-stems, and leaves abound with a milky juice, which has the property of causing a permanent dark-coloured stain on the skin and on linen. John has found
that caoutchouc, resin, gum, bitter extractive, sugar, a free acid, and salts of lime and potass are contained in the fresh juice. Inuline has been procured from
the fresh root by Waltt in the proportion of half an ounce from a pound." (449-20)

- 1931 M. Grieve, A Modern Herbal, pg. 253. "The chief constituents of Dandelion root are Taraxacin, a crystalline, bitter substance, of which the yield varies in roots collected at different seasons, and Taraxacerin, an acrid resin, with Inulin (a sort of sugar which replaces starch in many of the Dandelion family,

Compositae), gluten, gum and potash. The root contains no starch, but early in the year contains much uncrystallizable sugar and laevulin, which differs from Inulin in being soluble in cold water. This diminishes in quantity during the summer and becomes Inulin in the autumn. The root may contain as much as 24 per cent. In the fresh root, the Inulin is present in the cell-sap, but in the dry root it occurs as an amorphodus, transparent solid, which is only slightly soluble in cold water, but soluble in hot water." (141-253)

- 1931 M. Grieve, A Modern Herbal, pg. 254. "On account of the variability of the
constituents of the plant according to the time of year when gathered, the yield and composition of the extract are very variable. If gathered from roots collected in autumn, the resulting product yields a turbid solution with water; if from spring-collected roots, the aqueous solution will be clear and yield but very little sediment on standing, because of the conversion of the Inulin into Laevulose and sugar at this active period of the plant's life." (141-254)

- 1966 Euell Gibbons, Stalking the Good Life, pg. 163. "Let's stack them up over one another and see where we come out. (11-163)

	Protein	Iron	Vitamin A	Vitamin C
Dandelion	2.7	3.1	14000 I.U.	35
Endive	1.7	1.7	3300	10
Leaf Lettuce	1.3	1.4	1900	18
Head Lettuce	0.9	0.4	330	6

- 1972 Dan & Nancy Jason, Some Useful Wild Plants, pg. 42. "Dandelion greens contain large amounts of vitamin A (7000 unit/oz.), vitamins B, C, and E, sodium,
potassium, and magnesium salts, and chlorine." (12-42)

- 1974 Bradford Angier, Field Guide To Edible Wild Plants, pg. 71. "Raw dandelion greens, 85% water, have an abundant 14,000 international units of

Vitamin A per 100 grams, plus .19 milligrams of thiamine, .26 mg. riboflavin, and
35 mg. of the vital ascorbic acid, all of which helps to explain why the lowly dandelion was so highly regarded as a tonic and general remedy by frontiersmen and early settlers long before the days of vitamin pills. This same portion of edible greens is further enriched with 198 milligrams of calcium, 76 mg. of sodium, and 397 mg. of potassium.

- 1977 Paul Schauenberg & Ferdinand Paris, Guide to Medicinal Plants, pg. 181. "The root and the latex of the stem contain the bitter, lactupicrine; tannin; inulin; and India-rubber." (439-181)

- 1978 Szczawinski & Turner, Edible Garden Weeds of Canada, pg. 67. "The greens are high in iron, calcium, phosphorus, and potassium, and are one of the best sources of copper known." (97-66)

- 1979 Ingrid Gabriel, Herb Identifier and Handbook, pg. 82. "Elements contained:
Choline, a bitter principle, starch, saponin, fat, enzyme, traces of essential oil, wax, mucilage, levuline, carotinoids; several vitins, among them especially Vitamin B2, silicic acid, potassium, magnesium, copper, zinc, caoutchouc. The mixture of contents changes with the seasons." (145-82)

- 1980 David G. Spoerke, Jr., Herbal Medication, pg. 67. "All parts of the plant contain a bitter resin. The concentration of the resin increases as the plant dries. Chief constituents include teraxacerin (an acrid resin), inulin (approximately 25%), gluten, gum, and potarh. It is high in vitamins A, C and niacin. It also bontains proteins, fats, and iron." (135-68)

- 1984 Kim Williams, Eating Wild Plants, pg. 6. "If you look at a nutrition chart, you will see that dandelion leaves are extremely rich in vitamin A and fairly rich in vitamin C, calcium and iron. The oldtime doctors did not know the
terms vitamins and minerals but they knew that there was something in certain

plants that acted as a tonic." (341-6)

- Medical Services Branch, Native Foods & Nutrition, pg. 90. "Nutrient Values of Selected Foods Commonly Used by Indian and Inuit:

DANDELION GREENS

	COOKED	RAW
Measure (mL):	125	250
Weight (gram):	53	58
Energy (kcal):	17	15
Energy (kj):	71	63
Fat (gram):	tr	tr
Carbohydrate (gram):	3	5
Protein (gram):	1	1
Calcium (mg):	74	109
Iron (mg):	.9	1.8
Vitamin A (RE):	620	812
Thiamin (mg):	.07	.11
Riboflavin (mg):	.08	.15
Niacin (NE):	0	0
Vitamin C (mg):	9	20

- 1987 Bill & Bev Beatty, Wild Plant Cookbook, pg. 22. "The amount of vitamin A in a dandelion is phenomenal. An adult needs 5,000 I.U. (International Units) of vitamin A per day. One hundred grams of dandelion greens supplies 14,000 I.U.
ffor comparison, raw carrots supply 11,000 I.U., kale 10,000 I.U., and raw sweet potatoes 8,000 I.U., all per 100 grams. Dandelion has 187 milligrams of calcium per 100 grams of raw greens. Milk, one of our most common sources of calcium, has 118 milligrams of calcium per 100 grams." (405-22)

TOXICITY:

- 1978 Nancy J. Turner & Adam F. Szczawinski, Wild Coffee and Tea Substitutes of Canada, pg. 43. "Do not confuse the common dandelion with the taller, coarser, hairy cat's-ear or spotted cat's ear dandelion (Hypochaeris radicata L.). This plant closely resembles dandelion in form and flower colour, but the stems are thinner and more wiry, taller and usually branched, and the leaves are hairy and very bitter in taste, making them inedible." (98-43)

- 1980 David G. Spoerke, Jr., Herbal Medication, pg. 68. "Comparatively large doses may be ingested without toxic effects." (135-68)

- 1984 Kim Williams, Eating Wild Plants, pg. 7. "Before you pick any wild greens,
be sure no one has sprayed in that area with weed-killer." (341-7)

- 1990 Steven Foster & James A. Duke, Eastern/Central Medicinal Plants, Peterson Field Guides, pg. 130. "Contact dermatitis reported reported from handling plant,
probably caused by latex in stems and leaves." (447-130)

FOOD USES

- 1979 Barrie Kavasch, Native Harvests, pg.49. "For full, showy blossoms, pick just before using, as blossoms close shortly after picking. The dandelion blossom responds quickly to temperature changes, it opens only in clear weather and bolts as soon as temperatures approach 90o F. Notice the dandelion's yellow-
blossoming abundance in spring, its disappearance during the summer, and the return of a few fall flowers as temperatures cool." (157-49)
NATURE'S FOOD USES:

- 1931 M. Grieve, A Modern Herbal, pg. 251. "Small birds are very fond of the seeds of the Dandelion and pigs devour the whole plant greedily. Goats will eat it, but sheep and cattle do not care for it, though it is said to increase the

milk of cows when eaten by them. Horses refuse to touch this plant, not appreciating its bitter juice. It is valuable food for rabbits and may be given them from April to September, forming excellant food in spring and at breeding seasons in particular." (141-251)

- 1963 Graighead, Graighead & Davis, A Field Guide To Rocky Mountain Wildflowers,
pg. 229. "The flowers and leaves of the Dandelion are a favorite spring and summer food of Canada geese and ruffed grouse, and are utilized at these seasons by elk, deer, black and grizzly bears, and porcupines. Other species of grouse and probably many other forms of wildlife feed on this widely distributed plant."
(6-230)

- 1972 Michael A. Weiner, Earth Medicine, Earth Food, pg. 172. "The leaves are relished by deer, while pheasants and grouse favour the seeds." (147-172)

- 1978 Szczawinski & Turner, Edible Garden Weeds of Canada, pg. 67. "Dandelion is considered an excellant pasture feed, said to increase the milk flow of dairy cattle and improve the quality of their milk. Blooming early in the spring, it is also a valuable bee plant, furnishing both nectar for a bright, golden honey and pollen at a time when bees require a rich food for brood-rearing. Thus, the dandelion truly helps to give us a land flowing with milk and honey." (97-67)

NATIVE FOOD USES:

- 1919 U.P. Hedrick, Sturtevant's Edible Plants of the World, pg. 563. "The plant
is now eaten raw or cooked by the Digger Indians of Colorado and the Apaches of Arizona." (394-563)

- 1972 Michael A. Weiner, Earth Medicine, Earth Food, pg. 172. "Although the dandelion was introduced from Europe, many Indian tribes soon learned to enjoy eating it. The Iroquois preferred the boiled leaves with fatty meats." (147-

172)

- 1992 Mackinnon, Pojar & Coupe, Plants of Northern British Columbia, pg. 97. "Since its introduction by Europeans, the Carrier have eaten the boiled spring leaves as greens." (451-97)

EUROPEAN FOOD USES:

- 1640 Nicholas Culpeper, Culpeper's Complete Herbal, pg. 114. "It is under the dominion of Jupiter. It is of an opening and cleansing quality, and therefore very effectual for the obstructions of the liver, gall, and spleen, and the diseases that arise from them, as the jaundice and hypochondriac; it openeth the passages of the urine both in young and old; powerfully cleanseth imposthumes and
inward ulcers in the urinary passages, and by its drying and temperate quality doth afterwards heal them; for which purpose the decoction of the roots or leaves
in white wine, or the leaves chopped as pot herbs with a few alisanders, and boiled in their broth, are very effectual. And whoever is drawing towards a consumption, or an evil disposition of the whole body called cachexia, by the use
hereof for some time together shall find a wonderful help. It helpeth also to procure rest and sleep to bodies distempered by the heat of ague fits, or otherwise: the distilled water is effectual to drink in pestilenial fevers, and to wash the sores.
   You see here what virtues this common herb hath, and that is the reason the French and Dutch so often eat them in the spring; and now if you look a little farther, you may see plainly without a pair of spectacles, that foreign physicians are not so selfish as ours are, but more communicative of the virtues of plants to people." (144-114)

- 1795 Samuel Hearne, A Journey from Prince of Wales Fort in Hudson's Bay to the Northern Ocean in the Years 1769, 1770, 1771, and 1772, pg. 68. "Dandelion is also plentiful at Churchhill, and makes an early salad, long before any thing

can
be produced in the gardens." (305-68)

- 1840 P.H. Gosse, The Canadian Naturalist. "In Newfoundland, the leaves of the dandelion are much sought after in spring, as a culinary vegetable; their taste, when boiled, is peculiar, but agreeable to many persons, and as this is the first
eatable vegetable that appears, the meadows and fields are frequented at this season by boys and girls, who in cutting up the plant with knives, cut up a great
deal of the grass also, and do considerable mischief. Here (in Quebec) it is not
eaten." (131-Dandelion)

- 1842 Sir Richard Henry Bonnycastle, Newfoundland in 1842. "The dwarf dandelion (leontodon taraxacum) is one of the most difficult of the garden and field weeds to eradicate here; I have seen a hay-field literally white with it when in seed. Its root is sold at St. John's, in spring, by children who gather it in the gardens and fields, and in the absence of other fresh vegetables, after a long winter, it is much relished as a salad." (131-Dandelion) NOTE: The Dwarf Dandelion mentioned by Bonnycastle is usually identified as Krigia biflora, a small species found in southeastern Manitoba, Ontario, and south.

- 1919 U.P. Hedrick, Sturtevant's Edible Plants of the World, pg. 563. "The dandelion is highly spoken of an a spring green by various authors and has been used as a food plant in many regions but it has only recently come under cultivation. When a swarm of locusts destroyed vegetation in the Island of Minorca, the inhabitants subsisted on this plant, and, in Gottingen, the dried root has been used as a substitute for coffee. In 1749, Kalm speaks of the French in New York preparing and eating the roots as a common salad but not usually employing the leaves. In 1828, Fessenden says the wild plant is used by our people but is never cultivated. In 1853, McIntosh, an English author, had never heard of dandelions being cultivated. They are now extensively cultivated in France, and, in 1879, five varieties appeared in the French catalogues.

Dandelions are blanched for use as a winter salad. They are now very largely grown by our market gardeners, and Thorburn, in 1881, offers seed of two sorts. In 1871, four varieties were exhibited a the Massachusetts Horticultural Society
under the names of the French Large-leaved, French Thick-leaved, Red-seeded and the American Improved. Fearing Burr, who exhibited them, makes no mention of dandelions in his Garden Vegetables, 1866." (394-564)

- 1931 M. Grieve, A Modern Herbal, pg. 251. "The dried Dandelion leaves are also employed as an ingedient in many digestive or diet drinks and herb beers. Dandelion Beer is a rustic fermented drink common in many parts of the country and made also in Canada. Workmen in the furnaces and potteries of the industrial
towns of the Midlands have frequent resource to many of the tonic Herb Beers, finding them cheaper and less intoxicating than ordinary beer, and Dandelion stout ranks as a favourite. And agreeable and wholesome fermented drink is made from Dandelions, Nettles and Yellow Dock." (141-251)

- 1931 M. Grieve, A Modern Herbal, pg. 252. "Dandelion Coffee is a natural beverage without any of the injurious effects that ordinary tea and coffee have on the nerves and digestive organs. It exercises a stimulating influence over the whole system, helping the liver and kidneys to do their work and keeping the bowels in a healthy condition, so that it offers great advantages to dyspeptics and does not cause wakefulness." (141-252)

- 1962 Euell Gibbons, Stalking the Wild Asparagus, pg. 80. "On top of the dandelion root, which is usually down two or three inches, there is a crown of blanched leaf stems reaching to the surface. This tender white crown is one of the finest vegetables furnished by the dandelion and can be eaten raw in salads or cooked. Slice the crowns off the roots just low enough so they will stay together and slice again just where the leaves start getting green. Wash them thoroughly to dislodge all grit. Soak in cold salted water until they are ready to be cooked or made into salads." (2-80)

- 1962 Euell Gibbons, Stalking the Wild Asparagus, pg. 80. "In my opinion, these white roots furnish a better vegetable than either parsnips or salsify, although it tastes very little like either of them. The newly grown roots are tender and peel readily with an ordinary potato peeler. Slice them thinly crosswise, boil in two waters, with a pinch of soda added to the first water, then season with salt, pepper and butter." (2-80)

- 1962 Euell Gibbons, Stalking the Wild Asparagus, pg. 80. "These roots also furnish what I consider to be the finest coffee substitute to be found in the wild. For this purpose, the roots are roasted slowly in an oven until they will break with a snap and appear very dark brown inside. This roasting will take about four hours. These roots are then ground and used just as one uses coffee, except that you need slightly less of the dandelion root to make a brew of the same strength. Drink it with or without sugar and cream, just as you take your coffee." (2-80)

- 1962 Euell Gibbons, Stalking the Wild Asparagus, pg. 81. "..Dandelion Greens..if gathered early enough, they are really fine and require very little cooking. After the plant blooms they are too bitter and tough to eat. Wash the young, tender greens well, place them in a kettle and pour boiling water over them. Let them boil 5 minutes, then drain and season with salt and butter or bacon fat." (2-81)

- 1962 Euell Gibbons, Stalking the Wild Asparagus, pg. 81. "The developing blossom material is found inside the crown as a yellowish, closely packed mass. This material, when cut out and cooked, furnishes still another dandelion vegetable. Just covered with boiling water and cooked only about 3 minutes, then
drained and seasoned with butter and salt, these little chunks of embryonic blossoms are delicious, with something of the flavour and texture of the finest artichokes. Until this blossom material is fairly well developed, the crowns and
greens are still edible, although it would be advisable to cook them in two or more waters toward the end of the season. As soon as the plant starts sending

up bloom stalks, the dandelion season is over as far as vegetables are concerned." (2-81)

- 1967 H.D. Harrington, Edible Native Plants of the Rocky Mountains, pg. 100.
"The young dandelion leaves are fancied by many in a salad. As they age they not
only toughen but take on a decidedly bitter taste that is displeasing to many people. We always look around for plants in the shade or for those that have been covered with sand or litter. Such plants may be naturally blanched and the yellow or whitish leaves are then at their best. If you wish, you can blanch the
plants yourself by covering them with cans, pots, straw, or canvas. A clever arrangement is to dig up a supply of the roots and put them in earth in flower pots or boxes. These can be carried into the basement and later on, often during
the winter, will supply you with an amazing amount of blanched leaves. Try the young, preferably blanched leaves, in a salad with onions, radishes, parsley, and
a little sugar. We also like them tossed with diced hard-boiled eggs, with vinegar and oil. Some people find it easier to slice off the top of the crown with its attached leaves when collecting material. This crown top may be left on if you wish.
    The young leaves are a favorite food when boiled as a potherb. When the leaves are tender or blanched you may not have to change the water in the process., but we have found that 2 or 3 changes are usually necessary to eliminate or cut down the bitter taste. In general, dandelion greens can be used
as you would spinach, dressed up with crisp fried bacon or hard boiled eggs, creamed, in soups, scalloped or baked with meats, etc. If you find them strong tasting, try mixing them with other blander greens. We boil them for 10-20 minutes depending on the age of the leaves." (376-100)

- 1967 H.D. Harrington, Edible Native Plants of the Rocky Mountains, pg. 102.
"The roots are said to be sliced and used in salads by some people, they are

also
roasted, fried or when dried and ground, made into a coffee-like beverage much as chicory is used. We have tried them and decided that they have a distinctive taste that might take a bit of getting used to before becoming pleasurable. We have heard that the dried leaves can be used to make a kind of "tea" but have never tried it, although we have seen dandelion tea for sale in a local grocery store." (376-102, 147-172)

- 1967 H.D. Harrington, Edible Native Plants of the Rocky Mountains, pg. 102. "You might try the blossoms with pancakes. Use the young heads and drop them on the top of the pancake batter. When the pancake is turned over the heads are cooked and may add variety, and colour to your camp breakfast." (376-102)

- 1967 H.D. Harrington, Edible Native Plants of the Rocky Mountains, pg. 102. "A final use of dandelions was given to us by Bagdonas (11A). He stated that the
Boy Scouts of this area eat the seedlike fruits raw as an emergency food. The plumelike hairs are grasped by the fingers and the fruits are readily broken off and eaten. Sometimes these have a slight bitter taste, but not enough to make them distasteful in times of acute food shortage. This plant is certainly a valuable edible plant, and since it is abundant at all elevations, it is a valuable all around source of food. It is said to be very high in vitamins A and
C." (376-102)

- 1967 H.D. Harrington, Edible Native Plants of the Rocky Mountains, pg. 103. "The red-fruited dandelion (Taraxacum erythrospermum) is similar in appearance and found in about the same places as the common dandelion. It can be used in the same way. In addition we have several, less common, native species of dandelion in this area that should be tried for their edible qualities." (376-103)

- 1972 Michael A. Weiner, Earth Medicine, Earth Food, pg. 52. "To verify the value of this common weed, we are told that many of the inhabitants of Minorca,

one of the Balearic Islands, in the Mediterranean, subsisted on dandelion roots after their harvest had been entirely destroyed by locusts." (147-52)

- 1974 Doug Benoliel, Northwest Foraging, pg. 47. "The leaves, young or old, can be gathered the year around to be dried and stored for use as a tea. A hot beverage, frequently referred to as a coffee substitute, is prepared from the dried, roasted, and ground roots. The roots can be dug any time of the year. To make the hot drink, start with 2 tablespoons of ground roots and steep in a quart of boiled water. Another way is to put the coarsely ground material in a percolator and treat like water." (45-47)

- 1976 Billy Joe Tatum, Wild Foods Field Guide & Cookbook, 46. "The roots of any age can be scrubbed, dried in a warm, dry place, then roasted in a slow oven - 200o to 250o -until crisp and shriveled and deep brown, about 3 to 5 hours. Then
grind them coarsely and use them to make dandelion "coffee"." (325-46)

- 1977 Lee Allen Peterson, Edible Wild Plants, pg. 84. "Gathered when they are still tucked down in the rosette of leaves, the young flowerbuds can either be boiled for several minutes and served with butter, or pickled." (418-84)

- 1978 Stephen Jackson & Linda Prine, Wild Plants of Central North America for Food and Medicine, pg. 9. "A tea may also be made from the young leaves. Two ounces (56 grams) of leaves in one quart (1 litre) of water boiled down to one pint (.5 litre) can be taken for relief of scurvy, eczema and other external eruptions." (109-9)

- 1979 Barrie Kavasch, Native Harvests, pg. 132. "Dandelion (Taraxacum officinale). This persistent, cosmopolitan herb (introduced from Europe to North America long ago) affords us many uses, reflecting centuries of both pioneer and Indian ingenuity. The blossoms are excellent for teas and wines; the roots (preferably second year or older) provide a delicious caffeine-free coffee. Dig,
wash, and dry the lengthy taproot; slowly roast by a low fire or in a slow oven

for several hours, until crisp and brown. Grind fine and store in an airtight container; this may be measured and brewed like conventional coffee." (157-132)

- 1979 Barrie Kavasch, Native Harvests, pg. 169. "Dandelion (Taraxacum officinale): Their dried latex was especially prized as a chewing substance." (157-169)

- 1980 Dr. Michael Weiner, Weiner's Herbal, pg. 76. "The young leaves of dandelion, collected in the spring, make a healthful and tasty addition to salads. The root, dried and powdered, may be added to coffee for its medicinal value or used as a coffee substitute." (139-76)

- 1984 Kim Williams, Eating Wild Plants, pg. 7. "All parts of the dandelion plant
are edible. A choice part is the crown, which is the tangled growth between the root and the surface green leaves. This can be cooked and eaten like the heart of an artichoke...Young roots can be used like parsnips. Parboil them and then fry." (341-7)

RECIPES:

1. DANDELION FLOWER SYRUP: (249-24)

Two heaped double handfuls of Dandelion flowers are put in 1 litre of cold water and slowly brought to the boil; removed from the heat and left overnight. The next day this is strained and the flowers well pressed out. To this liquid is added 1 kilo of raw sugar and half a sliced lemon (if sprayed - use without skin). If more lemon is used, it makes it sour. The pot is put on the stove without a lid and simmered on a low heat so as not to destroy the vitamins. Test
for consistency. It should neither be too thick, it would crystallize when stored for a time, nor too thin, it would sour. The right consistency is a thick-flowing syrup that, spread on a bun or on a piece of buttered bread, tastes

delicious." (1980 Maria Treben, Health Through God's Pharmacy, pg. 24.)

2. BATTER-FRIED DANDELION BLOSSOMS: (157-49) [Serves 8]

1 tablespoon water	2 quarts freshly picked dandelion blossoms
2 eggs	(washed and dried)
1/4 cup nut oil	1 1/2 cups fine cornmeal

Add the water to the eggs and beat well. Heat the nut oil to sizzling in a cast-
iron skillet. Dip the dandelion blossoms, one at a time, into the egg, and then into the cornmeal. Saute, turning often, until golden. Drain on brown paper. Serve either hot or cold, as snacks, a vegetable side dish, or a tasty garnish. (1979 Barrie Kavasch, Native Harvests, pg.49)

3. DANDELION WINE: (376-102)

1 Gallon Dandelion Petals	4 lbs. sugar
1 Gallon Boiling Water	1 Yeast Cake (Compressed)
4 Oranges	1 lb. chopped raisins
1 Lemon	1 slice of toast

Pick the flowers from the heads, throwing away the hollow stalks and the denuded heads. Place them in a crock or jar and pour the boiling water over them. Cover
and leave for about 5 days, stirring several times during that period if you wish. Strain our the liquid and add the sugar to it. Peel the oranges and lemon
and drop in the peel, then add the juices of these fruits and the chopped raisins. Boil all this for 20 minutes in a preserving kettle and return it to the crock. Cool, place the yeast on the piece of toast and put it in. Cover and
leave for about 3 days. Then decant the liquid into jars or bottles. Some say that the wine should be aged for at least one year before using. (1967 H.D.

Harrington, Edible Native Plants of the Rocky Mountains, pg. 103.)

4. DANDELION SALAD - GREEK STYLE: (341-7)

3 cups tender young dandelion greens	1/4 cup finely sliced onion
8 ripe black olives	1/2 cup crumbled feta cheese
2 tablespoons lemon juice or vinegar	1/4 cup salad oil
dash of black pepper	pinch of dried oregano leaves

Wash and dry dandelion greens. Place in salad bowl. Add onion, olives and cheese. Mix. Combine oil, lemon juice, pepper and oregano in glass jar. Just before serving, shake dressing and pour over salad. Mix thoroughly. Makes 4 servings.

(1984 Kim Williams, Eating Wild Plants, pg. 7)

5. DANDELION BUD FRITTATA: (341-7)

2 Tablespoons oil	1 cup dandelion buds
3/8 cup chopped onion	6 eggs
3 tablespoon milk	1 tablespoon chopped parsley
1 tablespoon chopped pimiento	1/2 teaspoon salt
1/8 teaspoon black pepper	1/4 cup grated cheese

Heat oil in heavy skillet. Saute dandelion buds and onion lightly for 3 minutes.
Remove from heat. In large bowl beat eggs with milk. Add parsley, pimiento, salt and pepper. Add sauteed dandelion buds and onion. Mix well, then pour back
into skillet. Sprinkle cheese on top. Cook over low heat for 3 minutes, lifting
from bottom with pancake turner to enable uncooked egg mixture to reach hot skillet. Place skillet in preheated 350 degree oven for 7 minutes, or until cheese is melted and frittata is firm. Cut in wedges and serve on hot plates. Makes 4 servings.

(1984 Kim Williams, Eating Wild Plants, pg. 7)

6. DANDELION FLOWER BATTER FOR FISH OR ONION RINGS: (341-8)

3/4 Cup of flour	1/2 cup bran flakes cereal
3/4 teaspoon baking powder	1/4 teaspoon salt
1 egg	5/8 cup milk

60 dandelion blossoms (Use petals only. Discard stem and green sepals.)

Place all ingredients in blender and mix. Coat fish or onion rings and deep-fry.
Makes enough for 4 servings.

(1984 Kim Williams, Eating Wild Plants, pg. 7)

7. DANDELION CROWN SALAD: (2-80)

To make a tasty Dandelion Crown Salad, cut the crowns finely crosswise, add a little salt, a pinch of sugar and 1 small onion chopped fine. Fry 2 or 3 slices of bacon cut in small pieces. When the bacon is crisp, remove it and add 2 tablespoons of cider vinegar to the hot bacon fat; then, as it boils up, pour it over the chopped dandelion crowns and stir. Garnish with the pieces of crisp bacon and slices of hard-boiled egg and serve immediately.

(1962 Euell Gibbons, Stalking the Wild Asparagus, pg. 80)

8. DANDELION CROWN GREENS: (2-80)

To prepare dandelion crowns as a cooked vegetable simply boil in considerable water for about 5 minutes, then drain and season with butter and salt. Return to the fire just long enough to dry out slightly and allow the seasoning to permeate it throughout. Many people consider this the finest way of all to eat dandelions.

(1962 Euell Gibbons, Stalking the Wild Asparagus, pg.

80)

9. Wilted Dandelion Leaves: (405-28)

3 cups of washed dandelion leaves
3 slices of cooked bacon, diced
1/4 cup vinegar
2 teaspoons of sugar

Fry the bacon until crisp. Add vinegar to the skillet and heat. Remove from heat, add sugar and dandelion leaves, then toss till the leaves are wilted.
(1987 Bill & Bev Beatty, Wild Plant Cookbook, pg 28)

10. Grandpa's Green Irish Soup: (36-82)

1 quart chopped Dandelion Greens	Onion, 1/4 cup chopped
Butter, 2 tablespoons	Rice, 1/2 cup cooked
Flour, 3 tablespoons	Salt & Pepper
Milk, 2 cups	Parsley

Chop the dandelion greens into 1/2-inch strips and boil in fresh water. In a large saucepan, melt the butter over low heat and stir in the flour. Be careful not to burn the flour. Add the milk and allow to come nearly to a boil. Into this stir the onion, rice, and boiled greens. Simmer for about 15 minutes, until
the soup takes on a pastel green color and the onion is transparent. Season to taste and serve with hard crackers and a garnish of parsley sprigs. Serves 6.

Made with either dandelion or nettles, this soup was a favorite in western soft-coal towns around the turn of the century. (1975 Russ Mohney, Why Wild Edibles, pg. 82)

OTHER RECIPES:

- Dandelion Wine (109-74, 2-81, 325-226,227, 97-67, 141-251, 204-64, 416-52)
- Dandelion Crown (405-24)
- Dandelion Coffee (405-24, 325-226, 98-43, 97-66, 141-251)
- Dandy-Coffee, Vienna Style (98-45)
- Cafe curacao (98-45)
- Dandy-Czekolada, Polish Style (98-45)
- Dandelion Tea (98-45)
- Dandelion Punch (98-46)
- Fried Dandelion Heads (405-25)
- Dandelion Salad (405-26, 325-177, 305-169)
- Creamed Dandelion Crowns On Biscuits (405-26)
- Quick Biscuits (405-27)
- Dandelion-Ramp Quiche (405-27)
- Creamed Dandelions & Carrots (405-28)
- Dandy Chicken Casserole (36-81)
- Crawdaddy Dandy (36-81)
- Classic Dandelion Salad (36-82, 416-53)
- Adam's Winter Salad (97-66)
- Dandelions in Sour Cream (97-66)
- Creamed Dandelion Greens (36-82)
- Granpa's Green Irish Soup
- Dandelion Broth (325-125)
- Dandelion Bud Omelet (325-143)
- Dandelion Greens in Scrambled Eggs (204-64)
- Dandelion Flower Fritters (325-144)
- Dandelion Flowers, Fried (325-143)
- Dandelion Greens (325-144, 305-169)
- Dandelion Salad, Wilted (325-177)
- Dandelion Leaf Sandwiches (305-169)
- Wilted Dandelion Greens (305-169)

MEDICINAL USES

MODE OF ACTION:

- 1931 M. Grieve, A Modern Herbal, pg. 252. "The root, fresh and dried, the young tops. All parts of the plant contain a somewhat bitter, milky juice (latex), but the juice of the root being still more powerful is the part of the plant most used for medicinal purposes." (141-252)

- 1980 Dr. Michael Weiner, Weiner's Herbal, pg. 76. "Experimentally, extracts of Dandelion rhizomes and roots have been shown to increase the bile flow in animals when administered orally, and thus might have beneficial effects in hepatic disorders. The specific substance responsible for this reported cholagogue effect has not yet been identified, but it is known that the roots contain inulin, an essential oil and a bitter compound." (139-76)

- 1980 Dr. Michael Weiner, Weiner's Herbal, pg. 76. "Although some herbalists have claimed that the plant has diuretic effects, we are unable to confirm that Dandelion has such properties on the basis of laboratory research." (139-76)

- 1980 David G. Spoerke, Jr., Herbal Medication, pg. 68. "The bitter principle may reflexively stimulate gastric secretions and it is a good vitamin source." (135-68)

NATIVE MEDICINAL USES:

- 1972 Michael A. Weiner, Earth Medicine, Earth Food, pg. 92. "To relieve cramps and pain associated with menstruation....Kiowa women boiled the blossoms of dandelion with pennyroyal leaves and drank the resulting tea." (147-92)

- 1972 Michael A. Weiner, Earth Medicine, Earth Food, pg. 52. "A tea of the roots was drunk for heartburn by the Pillager Ojibwas, while the Mohegans and other

tribes drank a tea of the leaves for their tonic properties. The dried rhizome and roots were official in the U.S. Pharmacopoeia from 1831 to 1926." (147-52)

- 1979 Barrie Kavasch, Native Harvests, pg. 148. "Dandelion (Taraxacum officinale): After it was introduced to this country, the Ojibways, Mohegans, and
other tribes used dandelion roots and leaves in medicinal tea decoctions for heartburn and digestive problems." (157-148)

EUROPEAN MEDICINAL USES:

- 1735 John K'Eogh, Botanalogia Universalis Hibernica, pg. 56. "Dens leonis: It has a cold and dry nature. It strengthens the stomach, causes good digestion, reduces inflammation of the liver and cleanses the kidneys and bladder." (412-56)

- 1795 Samuel Hearne, A Journey From Prince of Wales's Fort. "Burrage, sorrel, and Coltsfoot, may be ranked among the useful plants. Dandelion is also plentiful at Churchhill, and makes an early salad, long before any thing can be produced in the gardens. In fact, notwithstanding the length of the Winter...I never had one man under me who had the least symptoms of the scurvy." (131-Dandelion)

- 1828 Dr. Jonas Rishel, The Indian Physician, pg. 19. "Virtues: This well known herb possesses an opening and diuretick quelity. It excites the secretions of the liver and kidneys, and strengthens the system generally." (440-19)

- 1834 George Graves, Hortus Medicus (Medicinal Plants), pg. 20. "In Europe the Leontodon taraxacum has been in vogue as a tonic and alternative; in France, it is much used in chronic diseases of the skin and in visceral obstructions; the dose given is from two or three ounces of the expressed juice. Richard remarks that it is one of those remedies which insensibly alters the state of the system.
I have seen it used with good effect (in combination with the Dulcamara) instead

of sarsaparilla." (449-20)

- 1918 Joseph E. Meyer, The Herbalist, pg. 36. "The dried root when fresh is a stomachic and tonic, with slightly diuretic and aperient actions. It has long been credited with various beneficial uses as a home remedy." (124-36)

- 1931 M. Grieve, A Modern Herbal, pg. 252. "The first mention of the Dandelion as a medicine is in the works of the Arabian physicians of the tenth and eleventh
centuries, who speak of it as a sort of wild Endive, under the name of Taraxacon.
In this country, we find allusion to it in the Welsh medicines of the thirteenth century. Dandelion was much valued as a medicine in the times of Gerard and Parkinson, and is still extensively employed. Dandelion roots have long been largely used on the Continent, and the plant is cultivated largely in India as a remedy for liver complaints." (141-252)

- 1931 M. Grieve, A Modern Herbal, pg. 253. "In former days, Dandelion Juice was the favourite preparation both in official and domestic medicine. Provincial druggists sent their collectors for the roots and expressed the juice while these
were quite fresh. Many country druggists prided themselves on their Dandelion Juice. The most active preparations of Dandelion, the Juice (Succus Taraxaci) and the Extract (Extractum Taraxaci), are made from the bruised fresh root. The Extract prepared from the fresh root is sometimes almost devoid of bitterness. The dried root alone was official in the United States Pharmacopoeia. The leaves
are not often used, except for making Herb-Beer, but a medicinal tincture is sometimes made from the entire plant gathered in the early summer. It is made with proof spirit." (141-254)

- 1931 M. Grieve, A Modern Herbal, pg. 254. "Diuretic, tonic and slightly aperient. It is a general stimulant to the system, but especially to the urinary

organs, and is chiefly used in kidney and liver disorders. Dandelion is not only
official but is used in many patent medicines. Not being poisonous, quite big doses of its preparations may be taken. Its beneficial action is best obtained when combined with other agents. The tincture made from the tops may be taken in doses of 10 to 15 drops in a spoonful of water, three times daily. It is said
that its use for liver complaints was assigned to the plant largely on the doctrine of signatures, because of its bright yellow flowers of a bilious hue." (141-254)

- 1931 M. Grieve, A Modern Herbal, pg. 254. "In the hepatic complaints of persons
long resident in warm climates, Dandelion is said to afford very marked relief. A broth of Dandelion roots, sliced and stewed in boiling water with some leaves of Sorrel and the yolk of an egg, taken daily for some months, has been known to cure seemingly intractable cases of chronic liver congestion." (141-254)

- 1931 M. Grieve, A Modern Herbal, pg. 254. "A strong decoction is found serviceable in stone and gravel: the decoction may be made by boiling 1 pint of the sliced root in 20 parts of water for 15 minutes, straining this when cold and
sweetening with brown sugar or honey. A small teacupful may be taken once or twice a day." (141-254)

- 1931 M. Grieve, A Modern Herbal, pg. 254. "Dandelion is used as a bitter tonic in atonic dyspepsia, and as a mild laxative in habitual constipation. When the stomach is irritated and where active treatment would be injurious, the decoction
or extract of Dandelion administered three or four times a day, will often prove a valuable remedy. It has a good effect in increasing the appetite and promoting
digestion." (141-254)

- 1931 M. Grieve, A Modern Herbal, pg. 254. "Dandelion combined with other active
remedies has been used in cases of dropsy and for induration of the liver, and also on th Continent for phthisis and some cutaneous diseases. A decoction of 2 oz. of the herb or root in 1 quart of water, boiled doen to a pint, is taken in doses of one wineglassful every three hours for scurvy, scrofula, eczema and all eruptions on the surface of the body." (141-254)

- 1931 M. Grieve, A Modern Herbal, pg. 255. "In Derbyshire, the juice of the stalk is applied to remove warts." (141-255)

- 1963 Nelson Coon, Using Plants For Healing, pg. 195. "In America, dandelion was
for a hundred years an official drug and still is noted in the National Formulary. It may, as Youngken suggests, be chiefly "a simple bitter, and a mild
laxative in catarrhal jaundice", but, comparing the recommendations of some twenty texts, one finds that it has been credited as a diuretic, laxative, hepatic, antiscorbutic, sialagogue, tonic, aperient, alterative, and stomachic." (134-195)

- 1972 Dan & Nancy Jason, Some Useful Wild Plants, pg. 42. "Dandelion greens are a blood tonic and a stimulant for the whole system. They have been found to have
a pronounced stimulating effect on the digestive system, liver, kidneys and bowels. Dandelion root is slightly laxative and has been used as a remedy for jaundice, skin diseases and eczema. The juice of the stem and flower are supposed to be a remedy for warts (touch the juice to the wart and allow it to dry)." (12-42)

- 1977 Paul Schauenberg & Ferdinand Paris, Guide to Medicinal Plants, pg. 181. "Properties: Cholagogic, diuretic and stomachic. A bitter tonic. Applications: The dandelion is one of the best plants known for inducing the flow of bile. The

whole plant is medicinal (Rad. Tarax aci cum Herba) and from it can be prepared extracts, tinctures and solutions. Its cholagogic action can relieve the first stages of cirrhosis. An excellent diuretic, effective in treating dropsy. An infusion of the fresh root can be used for gall-stones, jaundice and other liver disorders. The young leaves form an invigorating depurative salad." (439-181)

- 1978 Stephen Jackson & Linda Prine, Wild Plants of Central North America for Food and Medicine, pg. 9. "Dandelion root is an ingredient of many patient medicines, acting as a bitter tonic for dyspepsia and as a mild laxative. It also provides relief for an irritated stomach, increasing the appetite and aiding
digestion. A heaping teaspoonful of dried root should be steeped in a cup of boiling water and drunk once or twice a day." (109-9)

- 1979 Ingrid Gabriel, Herb Identifier and Handbook, pg. 82. "The roots - Radix Taraxaci; the plant - Herba Taraxaci. Today, the dandelion is one of our most important medicinal plants. The young spring leaves are used in a blood-purification course of treatment. Two wide ranges of effect can be distinguished.

There is first the mild stimulation of the large elimination organs of the organism, the liver and the kidneys. To expel stones caught in the ureter, the patient drinks daily a whole litre (quart) of dandelion tea made from 2-4 grams (30.8-61.6 grains avdp) scalded, per 1 cup of boiling water. To prevent renewal of stone formation, the treatment is continued at weekly intervals. Dandelion tea is also taken to stimulate liver and gall-bladder activity.

The second field of use is rheumatism. For this, 1 teaspoonful of the plant is taken in 1 cup of water, either scalded or boiled for a brief time. The tea is allowed to steep for 10 minutes before straining. The patient is to drink one
cup at a time, every morning and noon. Also, the freshly squeezed juice, which can be bought at a health food store or a pharmacy, is given morning and noon, 1-2 tablespoonfuls at a time in 1 cup of warm water. Such a course of dandelion treatment, carried on for 4-6 weeks, has an expecially beneficial effect on chronic arthrosis (arthrosis deformans), as well as on degenerative disease of

the vertebral articulation (spandulosis deformans)." (
- 1980 David G. Spoerke, Jr., Herbal Medication, pg. 68. "The roots and young tops are used to prepare various liquid preparations. Herbalists recommend it as a diuretic and as an aid in dyspepsia. There is no convincing reason for believing it possesses any therapeutic virtues other than its nutrient value." (135-68)

- 1980 Maria Treben, Health Through God's Pharmacy, pg. 23. "..two outstanding qualities: it is useful in disorders of the liver and of the gall bladder." (249-
23)

- 1980 Maria Treben, Health Through God's Pharmacy, pg. 23. "The whole plant has medicinal powers. I myself have made it a habit in spring to serve the whole plant as a salad or to make an evening meal of leaves mixed with potatoes and garnished with boiled eggs. While on a cure in Jugoslavia I noticed the guests received a small bowl of Dandelion greens besides the fresh salads. Asked why, the physician, a well-known liver specialist, told me that the Dandelion has a beneficial effect on the liver. Today I know that the fresh stems of the flower,
five to six pieces, chewed daily bring swift relief in chronic inflammation of the liver (sharp pain felt in the region of the lower corner of the right shoulderblades). As long as the plant is in flower, diabetics should eat up to 10 stems daily. The stems with the flowers are washed and only then is the flowerhead removed and the stems are slowly chewed. They taste somewhat bitter at first, but are crisp and juicy similar to a leaf of endive. Sickly people who
feel constantly tired and are without energy should take a 14-day course of treatment with the fresh stems of Dandelion. The effect is surprising.
    But in many more troubles they are of value; in itchy and scaly rashes and eczema. The flow of gastric juices is improved and the stomach is cleaned of all
waste matter. The stems can help remove gall stones painlessly - they stimulate the liver and the gallbladder.

Besides mineral salts, Dandelion contains active substances which are of value in metabolic disturbances. As a blood purifier it brings relief in gout and rheumatism, glandular swellings subside if a 3- to 4- week course of treatment with the fresh stems is adhered to. For jaundice and disorders of the spleen, Dandelion is also used successfully." (249-23)

- 1980 Maria Treben, Health Through God's Pharmacy, pg. 23. "Dandelion roots, eaten raw or taken dry in the form of an infusion, purify the blood, improve digestion and have a diuretic, sudorific as well as a stimulating effect." (249-23)

- 1980 Dr. Michael Weiner, Weiner's Herbal, pg. 76. "A mild laxative and tonic medicine, Dandelion is commonly administered as a home remedy for mild constipation and stomach ache. Dandelion leaf tea, drunk often, is recommended as an aid for promoting digestive regularity. The plant was noted to have an almost specific affinity for the liver, modifying and increasing its secretions; hence it has been used in chronic diseases of the digestive organs, especially hepatic disorders, including jaundice and chronic inflammation and enlargement of the liver." (139-76)

- 1987 Philippa Back, The Illustrated Herbal, pg. 52. "Dandelion can be used in quite large amounts and is often more effective in its action when combined with other herbs. It is a tonic herb, diuretic and slightly laxative when taken internally. It is helpful in the treatment of constipation, gout and for a sluggish digestion. A small glassful of dandelion tea sweetened with a little honey can be taken once or twice a day. To make an infusion: Pour 2 cups of boiling water over a handful of dried dandelion leaves and leave to infuse for about 10 minutes. Strain the tea and drink it while it is warm." (416-52)

- 1987 Philippa Back, The Illustrated Herbal, pg. 52. "Dandelion is full of vitamins and minerals and helps the liver and kidneys to function smoothly. A decoction can be made using either shredded root or a mixture of root and leaves.
To make a decoction: Put 2 teaspoons of herb and 1 cup of cold water in an

enamel
pan. Bring the mixture slowly to the boil over a low heat and boil for 1 minute.
Remove from the heat and leave to infuse for 15 minutes. Take a small glassful when feeling sluggish. In the spring a concentrated course of dandelion will help to rid the body of waste matter and generally tone up the whole system." (416-52)

- 1987 Philippa Back, The Illustrated Herbal, pg. 52. "Dandelion is recommended to be eaten by those with chronic constipation. Fresh young leaves are picked, washed, finely chopped and added to salads. A decoction of dandelion root or herb can be taken internally in cases of eczema and other skin ailments. To make a decoction for skin ailments: Add 2 large handfuls of dried leaves and flowers to 4 cups of water in an enamel pan. Bring slowly to the boil then simmer gently
until the liquid is reduced by half. Strain through a piece of muslin into a jug
and keep in the cool. A small glassful of the decoction, sweetened with honey can be taken three or four times a day." (416-52)

- 1987 Philippa Back, The Illustrated Herbal, pg. 52. "While taking dandelion drink the same decoction can be used to bathe troubled areas of the skin and help
to ease the intense irritation. A compress using pieces of lint can be dipped into the decoction and laid on to the affected part, pressing the lint lightly on to the skin to make sure it touches the surface. Leave on the skin for 10-15 minutes and renew as necessary. Dab the decoction on to localized spots of eczema with cotton wool as soon as the ittching begins. The strong decoction added to the nightly bath will also help to stop the itching of skin eruptions, providing a soothing and relaxing bath." (416-52)

- 1990 Steven Foster & James A. Duke, Eastern/Central Medicinal Plants, Peterson Field Guides, pg. 130. "Fresh root tea traditionally used for liver, gall bladder, kidney and bladder ailments; diuretic (not indicated when inflammation

is present). Also used as a tonic for weak or impaired digestion, constipation. Dried root thought to be weaker, often roasted as coffee substitute. Dried leaf tea a fold laxative. Experimentally, root is hypoglycemic, weak antibiotic against yeast infections (Candida albicans), stimulates flow of bile and weight loss. All plant parts have served as food. Leaves and flowers are rich in vitamin A and C." (447-130)

RUSSIAN MEDICINAL USES:

CHINESE MEDICINAL USES:

INDIAN (AYURVEDIC) USES:

HOMOEOPATHIC MEDICINE:

PREPARATION & DOSAGES:

- 1918 Joseph E. Meyer, The Herbalist, pg. 36. "Steep a heaping teaspoonful of this root, cut into small pieces, into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture, 1/2 to 1 fluid dram." (124-36)

- 1931 M. Grieve, A Modern Herbal, pg. 254. "Fluid extract, B.P., 1/2 to 2 drachms. Solid extract, B.P., 5 to 15 grains. Juice, B.P., 1 to 2 drachms. Leontodin, 2 to 4 grains." (141-254)

- 1931 M. Grieve, A Modern Herbal, pg. 254. "Infuse 1 oz. of Dandelion in a pint of boiling water for 10 minutes; decant, sweeten with honey, and drink several glasses in the course of the day. The use of the tea is efficacious in bilious affections, and is also much approved of in the treatment of dropsy." (141-254)

- 1931 M. Grieve, A Modern Herbal, pg. 254. "Take 2 oz. of freshly-sliced Dandelion root, and boil in 2 pints of water until it comes tn 1 pint; then add 1 oz of compound tincture of Horseradish Dore, from 2 to 4 oz. Use in a

sluggish
state of the liver." (141-254)

- 1963 Nelson Coon, Using Plants For Healing, pg. 195. "Fernie, in Herbal Simples, recommends that dandelion tincture is the most useful dose, as the alcohol dissolves "resinous parts not soluble in water. From 10 to 15 drops of this tincture may be taken in water, three times a day." (134-195)

- 1973 Hans Fluck, Medicinal Plants, pg. 171. "The juice expressed from the fresh
root or the decoction of the finely chopped dried root (1-2 tablespoonfuls in 0.5
litre (1pt) of water, macerate in the cold for two hours, then raise to the boil and allow to stand) is taken to stimulate bile secretion." (438-171)

- 1980 Maria Treben, Health Through God's Pharmacy, pg. 24. "INFUSION: 1 heaped tablespoon of roots is soaked in cold water overnight, brought to the boil and strained next day. This amount is apportionately sipped, half an hour before and
half an hour after breakfast." (249-24)

- 1980 Dr. Michael Weiner, Weiner's Herbal, pg. 76. "DOSE: Leaves: Approximately 1 ounce of leaves to 1 pint of water. Water boiled separately and poured over the plant material and steeped for 5 to 20 minutes, depending on the desired effect. Drunk hot or warm, 1 to 2 cups per day, at bedtime and upon awakening. Root: 1 teaspoon, boiled in a covered container of 1.5 pints of water for about 1/2 hour, at a slow boil. Liquid allowed to cool slowly in the closed container.
Drunk cold, 1 swallow or 1 tablespoon at a time, 1 to 2 cups per day." (139-76)

COLLECTING & DRYING:

- 1931 M. Grieve, A Modern Herbal, pg. 252. "Only large, fleshy and well-formed roots should be collected from plants TWO years old, not slender, forked ones.

Roots produced in good soil are easier to dig up without breaking, and are thicker and less forked than those growing on waste places and by the roadside. Collectors should, therefore, only dig in good, free soil, in moisture and shade,
from meadow-land. Dig up in wet weather, but not during frost, which materially lessens the activity of the roots. Avoid breaking the roots, using a long trowl or a fork, lifting steadily and carefully. Shake off as much of the earth as possible and then cleanse the roots, the easiest way being to leave them in a basket in a running stream so that the water covers them, for about an hour, or shake them, bunched, in a tank of clean water. Cut off the crowns of leaves, but
be careful in so doing not to leave any scales on the top. Do not cut or slice the roots, or the valuable milky juice on which their medicinal value depends will be wasted by bleeding." (141-252)

NOTE: Complete instructions on cultivation and collection of cultivated dandelion
roots are explained on page 252-253.

- 1972 Dan & Nancy Jason, Some Useful Wild Plants, pg. 42. "Dandelion root contains more of its active principles (taraxacin and inulin) in the Autumn and should be gathered then. The root should be dried whole for about two weeks until hard and brittle and (like any dried herb) kept in a dry place. Dandelion greens ar best gathered before the flower stalks start." (12-42)

- 1979 Ingrid Gabriel, Herb Identifier and Handbook, pg. 82. "The most valuable plants, found especially in the mountains, where they receive a great deal of light, show a deeply incised leaf, often as deep as the middle rib. Plants growing in damp shade are less toothed and many times are even entirely undivided." (145-82)

- 1980 Maria Treben, Health Through God's Pharmacy, pg. 23. "Gather the leaves before, the stems during, the time of flowering, the roots in early spring or in the autumn." (249-23)

SPECIAL FORMULAS INVOLVING DANDELIONS:

- Dandelion Tea (141-254)
- For Gall Stones (141-254)
- A Liver and Kidney Mixture (141-255)
- A Medicine for Piles (141-255)

VETERINARY MEDICINE:

MATERIAL USES

COSMETICS:

- 1980 Maria Treben, Health Through God's Pharmacy, pg. 23. "Old herbals state that women used the infusion of the plant and roots as a beauty aid and washed their faces and eyes with it, hoping to gain youthful looks. The leaves keep growing even in the cold time of the year." (249-23)

- 1987 Philippa Back, The Illustrated Herbal, pg. 52. "Dandelion leaves and the juice of the root are helpful in a slimming programme when plenty of exercise and
a balanced diet is being followed. It helps by purifying the blood and reducing water retention. A cup of dandelion tea can be taken twice a day before meals. A strong infusion added to the bath water is also believed to be helpful and if combined with horsetail, seaweed and fennel will be more effective." (416-52)

- 1987 Philippa Back, The Illustrated Herbal, pg. 53. "Dandelion flowers have a mild bleaching effect. A lotion made from fresh or dried dandelion flowers will help to remove freckles. To make dandelion lotion: Add 1 good handful of the flowers to 3.5 cups of water in an enamel pan. Bring to the boil and simmer for 30 minutes. Strain through a piece of muslin or cheesecloth into a screwtop jar and store in the refrigerator. Wash the face night and morning with the lotion and gradually the freckles should fade. For skin complaints such as spots,

pimples and acne a course of dandelion tea and eating fresh young leaves in salads or sandwiches will help to clear the skin. Externally, dab fresh juice from the stems on the spots. The spots turn black overnight and the scab falls away when washing the face. The skin should be kept scrupulously clean and washed night and morning with an infusion of a disinfectant herb such as marigold
or aloe until the skin has improved." (416-53)

- 1987 Philippa Back, The Illustrated Herbal, pg. 53. "Dandelion face packs also help to cleanse and clear the skin. Combined with nettle, the face pack becomes more effective. To make the face pack: Pick young nettle and dandelion leaves in the early morning. Chop the leaves finely and put in an enamel pan with sufficient water to prevent them from burning. Simmer until the leaves have formed a thick mash. Remove from the heat and spread the pack on a piece of muslin. Cleanse the face and open the pores of the skin by using a warm water compress. Cover the face with the pack, avoiding eyes and lips. Lie down and relax, putting cold compresses over the eyes, for 15 minutes. Remove the pack with warm water and splash the skin with cold water or an astringent lotion to close the pores. If used every 2 or 3 days for a fortnight there will be a significant improvement in the skin." (416-53)

- 1987 Philippa Back, The Illustrated Herbal, pg. 53. "A warm compress, using a strong decoction of young dandelion leaves only, will improve the circulation of blood to the face and can be safely used where there are dilated veins. To make a strong decoction: Add finely chopped leaves to boiling water in a pan and allow
to simmer for 5 minutes. Strain into a bowl and leave until lukewarm. Cleanse the face, then dip a piece of lint into the lotion, wring out the excess and gently cover the face with the lint. Leave for 20 minutes." (416-53)

CULTIVATION:

- 1919 U.P. Hedrick, Sturtevant's Edible Plants of the World, pg. 565. "The use of the wild plant as a vegetable seems to have been common from remote times,

but
its culture is modern. In 1836, a Mr. Corey, Brookline, Massachusetts, grew dandelions for the Boston market from seed obtained from the largest of the wild plants. In 1863, dandelions are described among garden esculents by Burr, but the context does not indicate any especial varieties. In 1874, perhaps earlier, the seed appears for sale in seed catalogues, and the various seed catalogues of 1885 offer six names, one of which is the "common." In England, dandelion culture is not mentioned in Mawe's Gardener, 1778, nor in Martyn's Miller's Dictionary, 1807; the first notice is in the Gardeners' Chronicle, where an instance of cultivation is noted, the herbage forming "a beautiful and delicate blanched salad." In 1880, its culture had not become common, as this year its cultivation in France, and not in England, is noted. In France, Noisette gives cultural directions mentioned in L'Horticulteur Francaise, nor in Nouveau Dictionnaire due Jardinage, 1826. Vilmorin mentions its culture in France as dating from 1868, and the firm of Vilmorin-Andrieux et Cie., 1885, offers four sorts of seen, one, the Improved Moss, as new. In Vilmorin's Les Plantes Potageres, 1883, two forms are figured: Pissenlit ameliore a coeur plein and Pissenlit ameliore tres hatif. The first of these is named in Album de Cliches, Pissenlit ameliore frise, and a fourth name or third form is figured, the pissenlit mousse." (394-565)

- 1939 Oliver Perry Medsger, Edible Wild Plants, pg. 160. "This plant has been used as a vegetable since ancient times, yet it has only recently been cultivated. On the vegetable farms of New Jersey I have seen fields or plots of three or four acres planted in Dandelions and cultivated in the same manner as Potatoes. Several horticultural varieties have been developed that form large leafy plants. In spring and early summer, the Dandelion is now a common vegetable in the city markets of New York and vicinity." (7-160)

- 1967 H.D. Harrington, Edible Native Plants of the Rocky Mountains, pg. 99. "The
seeds have often been deliberately carried from place to place for cultivation. This accounts, at least in part, for its wide distribution." (376-100)

- 1967 H.D. Harrington, Edible Native Plants of the Rocky Mountains, pg. 100. "If
you wish, you can blanch the plants yourself by covering them with cans, pots, straw, or canvas. A clever arrangement is to dig up a supply of the roots and put them in earth in flower pots or boxes. These can be carried into the basement and later on, often during the winter, will supply you with an amazing amount of blanched leaves." (376-100)

DYEING:

- 1976 Anne Bliss, North American Dye Plant, pg. 104. "Use of the whole plant including some roots gives these colors which are similar to using leaves, or flowers, or roots. Alum: beige, Chrome: medium olive, Copper: light olive, Tin: soft gold, Iron: grey-green, No mordant: light beige." (230-104)

SMOKING MIXTURE:

WRITING OR ART MATERIAL:

HISTORY & BELIEFS

HISTORICAL RECORDS:

- 1918 Joseph E. Meyer, The Herbalist, pg. 36. "This plant is a native of Greece,
but is now found growing abundantly in Europe and the United States." (124-36)

- 1963 Nelson Coon, Using Plants For Healing, pg. 195. "Reliably described by Theophrastus (circa 300 B.C.), it is said to have been known and used by the Egyptians, but medically it was the Arabian physicians who, in the tenth century,
prescribed its use and named it Taraxacon, later adapted by Linnaeus.

- 1977 Paul Schauenberg & Ferdinand Paris, Guide to Medicinal Plants, pg. 181.

"The early Arabian physicians Rhazes and Abou Ibn Sina (Avicenna) mentioned the dandelion; it was used as a medicinal plant in Ancient Greece; and it figured in all the herbals of the Middle Ages." (439-182)

- 1982 The New Encyclopaedia Britannica, Volume 2, pg. 218. "The most widely accepted arrangement of the species of the Asteraceae family into genera and tribes dates essentially from the work of George Bentham, in 1873...Bentham recognized 13 tribes." (EB Vol 2, 218)

SPIRITUAL BELIEFS:
NOMENCLATURE:

- 1840 P.H. Gosse, The Canadian Naturalist. "Charles - What is the origin of the
name, dandelion? F.- The word was originally Dent-de-Lion, that is, lion's tooth, the leaves being cut into curved teeth, pointing backward. The generic name signifies the same thing; this form of the leaf is called runcinate." (131-Dandelion)

- 1919 U.P. Hedrick, Sturtevant's Edible Plants of the World, pg. 564. "The common name is a corruption of dent de lion, a word which is found in the Welsh Dant y Llew of the thirteenth century. Its vernacular names in various languages
have usually reference to the peculiar indentation of the leaves, or to some other resemblance or character of the plant. By commentators, the dandelion has been identified with the aphake of Theophrastus, a in composition signifying absence of and phake, lentils, or the name, perhaps, signifying that the plant can be used as a green before lentils appear in the spring. The dandelion may be the ambubeia of Pliny and the name may suggest the scattering of the seed, ambulo meaning the going backward and forward, but some commentators assign this name to the wild endive or chicory; the hedypnois of Pliny but doubtfully identified with our dandelion and appears to be derived from two Greek words signifying sweet breath and may refer to the sweet smell of the flowers." (394-564)

- 1931 M. Grieve, A Modern Herbal, pg. 249. "It is this somewhat fanciful resemblance [of the leaf] to the canine teeth of a lion that (it is most generally assumed) gives the plant its most familiar name of Dandelion, which is a corruption of the French Dent de Lion, an equivalent of this name being found not only in its former specific Latin name Dens leonis and in the Greek name for the genus to which Linnaeus assigned it, Leontodon, but also in nearly all the languages of Europe....Some authorities have suggested that the yellow flowers might be compared to the golden teeth of the heraldic lion, while others say that
the whiteness of the root is the feature which provides the resemblance. Fluckiger and Hanbury in Pharmacographia, say that the name was conferred by Wilhelm, a surgeon, who was so much impressed by the virtues of the plant that he likened it to Dens leonis. In the Ortus Sanitatis, 1485, under 'Dens Leonis,'
there is a monograph of half a page (unaccompanied by any illustration) which concludes:

> "The Herb was much employed by Master Wilhelmus, a surgeon, who on account of its virtues, likened it to "eynem lewen zan, genannt zu latin Dens leonis" (a lion's tooth, called in Latin Dens Leonis)."

In the pictures of the old herbals, for instance, the one in Brunfels' Contrafayt
Kreuterbuch, 1532, the leaves very much resemble a lion's tooth. The root is not
illustrated at all in the old herbals, as only the herb was used at that time.

The name of the genus, Taraxacum, is derived from the Greek taraxos, (disorder), and akos (remedy), on account of the curative action of the plant. A possible alternative derivation of Taraxacum is suggested in The Treasury of Botany:

> "The generic name is possibly derived from the Greek taraxo ("I have excited" or "caused") and achos (pain), in allusion to the medicinal

effects of the plant." (141-250)

- 1931 M. Grieve, A Modern Herbal, pg. 251. "Priest's Crown, common in the Middle
ages, when a priest's shorn head was a familiar object." (141-251)

- 1973 C. Leo Hitchcock & A. Cronquist, Flora of the Pacific Northwest, pg. 553. "Name of doubtful origin, perhaps from Greek tarassein, to stir up, referring to reputed healing qualities." (287-553)

- 1980 Downie & Hamilton, 'And Some Brought Flowers', Dandelion. "'Leontodon' from the Greek for lion's-tooth." (131)

- 1984 Kim Williams, Eating Wild Plants, pg. 6. "The botanical name, Taraxacum officinale, means officially recognized as a remedy for internal disorders." (341-6)

RELATIONSHIP TO OTHER LIFE-FORMS:

- 1931 M. Grieve, A Modern Herbal, pg. 250. "In this tiny tube is a copious supply of nectar, which more than half fills it, and the presence of which provides the incentive for the visits of many insects, among whom the bee takes first rank. The Dandelion takes an important place among honey-producing plants,
as it furnishes considerable quantities of both pollen and nectar in the early spring, when the bee's harvest from fruit trees is over." (141-250)

- 1931 M. Grieve, A Modern Herbal, pg. 250. "Many little flies also are to be found visiting the Dandelion to drink the lavishly-supplied nectar. By careful watching, it has been ascertained that no less than ninety-three different kinds of insects are in the habit of frequenting it." (141-250)

- 1963 Craighead, Graighead & Davis, A Field Guide To Rocky Mountain Wildflowers,

pg. 229. "True dandelions are difficult to distinguish from the false dandelions (Agoseris), but they have very rough seeds, and green bracts around flower heads are in 2 unequal series; seeds of Agoseris are almost smooth, and bracts are nearly equal in length." (6-229)

AGE:

- 1982 The New Encyclopaedia Britannica, Volume 2, pg. 216. "The oldest generally
accepted fossil representatives of the order are some dandelion-like achenes of Oligocene age (about 30,000,000 years ago). There is also a recently discovered fossil from the Oligocene-Miocene boundary region (26,000,000 years ago) in Montana that looks very much like the head of the modern genus Viguiera (tribe Heliantheae) and has been so interpreted in Miocene (about 5,000,000 years ago) deposits, not becoming abundant until the Pleistocene (beginning about 2,500,000 years ago), but this situation doubtless reflects the difficulty of identification rather than a real absence of the group." (EB Vol 2, 216)

STORIES

ILLUSTRATIONS

- Excellent small B/W Drawings of all 5 species in B.C. (287-553)
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<<WARNING>>

The information in these articles is primarily for reference and education. They are not intended
to be a substitute for the advice of a physician. The instructor does not advocate self-diagnosis
or self-medication; He urges anyone with continuing symptoms, however minor, to seek medical advice.
The reader should be aware that any plant substance, whether used as food or medicine, externally
or internally, may cause an allergic reaction in some people.

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