

All About Dandelion

Foraging Guide & Recipes



Koren Family Farm

www.koren.farm

A vertical strip on the left side of the page shows a close-up of several bright yellow dandelion flower heads. The petals are numerous and pointed, creating a textured, layered appearance. The background of the entire page is a solid, light yellow color.

Table of Contents

1. About the Plant

2. Recipes -
Fritters and
Coffee

3. Foraging Card
Printable

Koren Family Farm

www.koren.farm

About the Plant



Dandelion

(*Taraxacum officinale*)

Parts used: leaves, flowers, sap, seeds, roots.

Taste: bitter-salty leaves, bitter-sweet flower, bitter root

Uses: food, liver function, poor digestion, skin eruptions, water retention, muscle pain, PMS.

Nutrients: fiber, calcium, potassium, vitamin C, phosphorus, magnesium, beta-carotene (good for eyes), zinc, inulin (for healthy gut flora), and manganese.

Habitat: disturbed areas, fields, lawns, pastures, meadows, roadsides, sidewalk cracks, full sun to partial shade.

Harvest season: spring (flower & roots), summer (greens), autumn (roots).

Distinguishing features: dense basal rosette of oblong leaves with irregular teeth (2-14" long, 0.5-3" wide), broken leaves and stems excrete milky sap, one or more flower stalks with yellow flowers, in the aster family.

Preparations: food, oil, tincture, vinegar, decoction (roots).

Koren Family Farm

www.koren.farm

Dandelion Fritters



Ingredients: Freshly picked dandelion heads, $\frac{1}{3}$ cup whole wheat flour, $\frac{1}{3}$ cup milk, $\frac{1}{3}$ cup cornmeal, 1 tsp baking powder, 1 egg, olive oil for frying, salt to taste.

Koren Family Farm

www.koren.farm

Directions: Whisk together flour, baking powder, and salt in a mixing bowl. Add the milk and egg and mix well until there's no clumps.

To cook: Dip the dandelion heads in the batter and fry on medium heat until golden. Serve warm.

Dandelion Coffee



Ingredients: 2 tbsp roasted dandelion roots, 1 tsp roasted chicory root, 1 tsp cinnamon chips, 2 cups water, honey and cream to taste (optional).

Koren Family Farm

www.koren.farm

Directions: Combine dandelion, chicory, cinnamon, and water in a small pot and bring to a boil. Boil for 5-10 minutes, then strain.

Serve warm or iced with honey and cream (if using) to taste.

Dandelion (*Taraxacum officinale*)



www.koren.farm/free-resources

Parts used: leaves, flowers, sap, seeds, roots

Taste: bitter-salty leaves, bitter-sweet flower, bitter root

Uses: food, liver function, poor digestion, skin eruptions, water retention, muscle pain, PMS

Nutrients: fiber, calcium, potassium, vitamin C, phosphorus, magnesium, beta-carotene (good for eyes), zinc, inulin (for healthy gut flora), and manganese Habitat: disturbed areas, fields, lawns, pastures, meadows, roadsides, sidewalk cracks, full sun to partial shade

Season: spring (roots), summer, autumn (roots)

Distinguishing features: dense basal rosette of oblong leaves with irregular teeth (2-14" long, 0.5-3" wide), broken leaves and stems excrete milky sap, one or more flower stalks with yellow flowers, in the aster family

Preparations: food, oil, tincture, vinegar, decoction (roots)

Dandelion (*Taraxacum officinale*)



www.koren.farm/free-resources

Parts used: leaves, flowers, sap, seeds, roots

Taste: bitter-salty leaves, bitter-sweet flower, bitter root

Uses: food, liver function, poor digestion, skin eruptions, water retention, muscle pain, PMS

Nutrients: fiber, calcium, potassium, vitamin C, phosphorus, magnesium, beta-carotene (good for eyes), zinc, inulin (for healthy gut flora), and manganese Habitat: disturbed areas, fields, lawns, pastures, meadows, roadsides, sidewalk cracks, full sun to partial shade

Season: spring (roots), summer, autumn (roots)

Distinguishing features: dense basal rosette of oblong leaves with irregular teeth (2-14" long, 0.5-3" wide), broken leaves and stems excrete milky sap, one or more flower stalks with yellow flowers, in the aster family

Preparations: food, oil, tincture, vinegar, decoction (roots)