

Dandelion

The name dandelion comes from *dent de lion*, which means lion's tooth in French.

This refers to the jagged edges of dandelion leaves. Other names for dandelions include Swine's Snout, Irish Daisy, Doonheadclock, and Priest's Crown.



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**DANDELION
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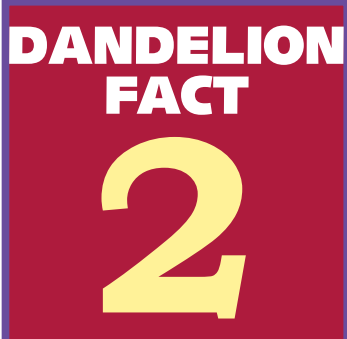
Dandelion

Dandelion greens are best when picked in early spring before the flowers form.

Young, bright green dandelion leaves are tender and make a delicious addition to a salad. Larger, older leaves are best when cooked.



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Dandelion greens are an excellent source of vitamins C and K. They are also a good source of vitamin A, iron, and calcium.



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Dandelions grow in the wild where they are often considered a weed— even though they've been gathered and eaten since ancient times. Dandelions began to be cultivated as a crop in Britain and France in the mid-1800s. Cultivated varieties are bred to produce large leaves that are less bitter than wild dandelions.



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Dandelion seeds can survive very cold temperatures.

If you plant dandelions in the fall, you can begin harvesting the leaves by mid-spring. Or they can be planted in the spring and harvested in 45 to 55 days.



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Dandelions are perennial herbs that belong to the Asteraceae family. They are used as a food plant and a medicinal herb.



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Dandelions grown in the shade or covered with sand, straw, or a bucket or terra cotta pot will be milder and more tender than leaves grown in the full sun.



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Former Mayor Patrick Fiorilli declared Vineland, New Jersey, “the dandelion capital of the United States”

because he believed the farmers there grew more dandelions greens than anywhere else in the nation. Since 1974, Vineland has held an annual banquet featuring dishes made with dandelions!



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Before you collect dandelion greens, flowers, or roots from your lawn, make sure that no pesticides have been used.

Wash your greens very carefully to remove sand and dirt.



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Dandelions have strong roots that grow deep into the soil, helping to loosen and aerate hard-packed soil. They also bring minerals up to the surface from deep down in the soil, making them available to shallow-rooted plants.



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