

Dandelion



Dandelions ... just eat them! They are everywhere! Mother earth has gifted to us this wonderful and plentiful plant. They are a natural superfood, preventive, and also help to cure many ailments and conditions.

I notice the first dandelion blooming, a treasured sight to behold! I have stewed the early dandelion leaves and eaten them as a vegetable, I have put fresh greens in my salads, I have dried leaves to put in my herb teas, and I have dug up and dried the roots to grind up to use in my teas.

In the book "Health from God's Garden" by Maria Treben, she writes: "The dandelion is at its most potent in the spring when it is in flower, and it is a good idea to take advantage of this fact and give your body a two week treatment with

fresh dandelion stalk. Eat ten raw, freshly picked dandelion stems every day for the whole two weeks, washing them carefully beforehand and chewing them very thoroughly. Don't cut off the flowers before washing the plants. If you have been feeling tired and listless this treatment will perk you up very quickly." Actually as I walk around my yard or along a country path, I just pick them and eat them, stem and flower. Their taste surprised me to be quite pleasant with a crisp and a little sweet with a slight bitter after taste.

Dandelion has blood purifying properties, is a liver tonic, and is a great course of treatment for a spring cleanse. The milk from the stems are known to have a miraculous effect on disorders of the eyes, making the eyesight clear again and eliminating unpleasant flecks and specks. Their leaves are rich in potassium and other vitamins and minerals. They are a natural diuretic, help clear up urinary disorders, aid rheumatism conditions and are a very effective liver and gall bladder tonic. Its latex is an excellent laxative, helps to reduce weight and control cholesterol levels. Dandelion is a high anti-oxidant, can kill certain bacteria and other microbes and is found to have anticancer properties in colon cancer, pancreatic cancer leukemia and melanoma. New studies show that there is support to help clear up Candida overgrowth and helps decrease glucose levels. It contains protein, more than spinach. It has been eaten for thousands of years as a food and as a medicine to treat anemia, scurvy, skin problems, blood disorders, and depression.



I like to collect them wild and right after a cleansing rain. Choose ones you know have not been subjected to pesticides, fertilizers, other chemicals, off the beaten path of walkers, dogs, and away

from the dust of traffic and roads. The ones in your lawn are not usually the best. Pick them instead from a mountain meadow or abandoned lot.



I add them fresh into my herb teas, and I also dry them in my dehydrator to add to my winter herb tea mix. In the fall after the first frost I will harvest some dandelion root.

Dandelion is very nutritious, having more vitamins and minerals than most vegetables; it has a long history of use as a food in many countries. The young leaves are less bitter, and the flowers are eaten raw in salads, all leaves also cooked or boiled as a pot herb, flowers are often dipped in batter and fried, dried roots are used as a coffee substitute. Herbal wine is made from fermented flowers said by some to be very flavourful and medicinal.

Dandelions are in season spring, summer and fall ... I suggest you continue to research and learn what

dandelion can do for you.

If you have a health condition, please check with a certified herbalist as to prevent contra-indications. Otherwise I suggest to just do it! Connect to this wise and nutritious plant.

