



Dandelion

Salads and Greens



Dandelion Salad with Cooked Dressing

- 4 slices bacon, cut in small pieces and fried
- 2 cup (approximately) chopped new dandelion leaves
- 2 hard boiled eggs, sliced or chopped
- 2 tbsp. chopped onion
- 1/4 cup butter
- 1/2 cup cream or milk
- 1 egg, beaten
- 1/2 tsp. saltsp.
dash of pepper
- 1/4 cup cider vinegar
- 2 tbsp. sugar
- 1 tbsp. flour

Toss together chopped dandelion, chopped onion and fried bacon pieces. Set aside.

In skillet warm butter and cream until butter melts. Beat egg and then add salt, pepper, vinegar, sugar and flour. Blend the egg mixture into the slightly warm cream mixture. Increase heat and cook, stirring constantly until the mixture thickens. Pour hot dressing over the greens and toss gently. Add eggs before tossing. Serve at once.

Gather the dandelion leaves early in the spring before the plants flower or they will be bitter. It is considered a delicacy in Europe.

Dandelion Salad Vinaigrette

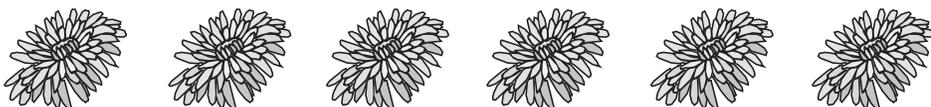
- Makes approximately 2/3 cup
- 1/2 cup extra virgin olive oil
- 3 tbsp. red wine vinegar
- 1 tsp. salt
- 1/2 tsp. dry mustard
- 1 large peeled and smashed garlic clove
- Freshly ground pepper

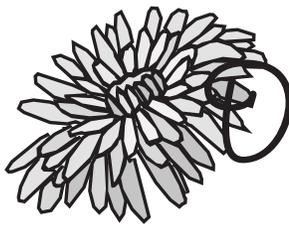
Put all ingredients into a jar with a tight fitting lid. Shake well and let steep at least an hour before use. This will keep under refrigeration for a week. Bring to room temperature before using. You may wish to add a sprig or two of fresh herbs as available.

Occasionally substituting fresh squeezed lemon juice for the vinegar makes a pleasant dressing, especially in summer.

Cooked Dandelion Greens

Cut the roots from the greens and discard (or use in other recipes). Wash well in cold water. Bring a large pot of water to a full boil and put the greens into the water by the handful. Bring water quickly back to the boil and cook just until wilted, two or three minutes. Drain and run cold water over to stop the cooking. Squeeze as much moisture out as possible. At this point you may wrap well in plastic wrap and freeze for future use, 8 to 10 ounces per package is a useful size. These greens may be used as a substitute for spinach or Swiss chard in any number of recipes, from ravioli or lasagne fillings to a simple sauté in olive oil with garlic as a side dish.





Dandelion

Jellies and Syrup



Dandelion Syrup

Use the bright yellow blooms as a delightful dandelion syrup for use over pancakes or waffles. Just make sure they pick them at the middle of the day when they are drier. To make a good supply, you'll need:

- 4 ea. Big handfuls of dandelion tops (flower heads)
- 1/2 ea. Lemon, juiced
- 1 qt. cold water
- 2 lbs. sugar

Place the tops in the water and bring to a slow boil. Let boil half a minute then cool overnight. The next day, strain and push out the excess water. Discard the blooms and save the dandelion water. Mix this water with the lemon and sugar and simmer until most of the water has evaporated. Do not bring to a hard boil. Let the mixture cool, then simmer again until thick in consistency like maple syrup. This can be poured over flapjacks either warm or cool.

Sweet dandelion flowers can also be used to make a clear yellow jelly.

Dandelion Blossom Jelly

- 4 cups dandelion blossoms without stems
- 4 cups water
- 1 tsp. lemon or orange extract
- 1 pkg. Certo
- 4 1/2 cups sugar

Pick the flowers. Boil in the water for 3 minutes. Drain off 3 cups liquid. Add remaining ingredients and proceed as you would for normal jam or jelly making.

Dandelion Jelly

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

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

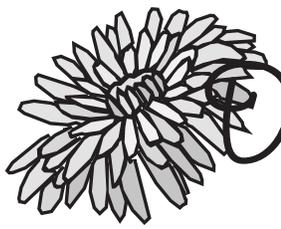
Dandelion Jelly

- 4 cups yellow parts of dandelion blossoms
- 3 cups boiling water
- 4 1/2 cups sugar
- 2 tbsp. freshly squeezed lemon juice
- 1 pkg powdered pectin

Pull the yellow blossoms apart from the green parts. Get lots and lots of blossoms. While you are collecting them, you can freeze what you already have. Make sure there are no green parts since the green parts have a bitter flavour. I pack the blossoms into a 4 cup measure. More blossoms mean more flavour for the jelly. Bring the water to a boil and fill the water with dandelion blossom shreds. Simmer over very gentle heat about 10 minutes. Pour the water and blossoms through a strainer. Press the blossoms as dry as possible to extract the maximum amount of water. Add more blossoms to the strained water and simmer for about 10 minutes. Continue simmering and straining until all the blossoms are used up. Add more water to make up 3 cups. You lose some water because it is caught in the blossoms. Strain the water very well through a coffee filter. Combine water with lemon juice, sugar and pectin. Bring to roiling boil and stir until sugar is dissolved. Boil hard for one minute. Skim. Pour into hot jars and seal. I haven't used food colouring but I have seen this jelly lightly tinted and it looks prettier.

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Dandelion Beverages



Dandelion Coffee

Gather a few cups of large dandelion roots. Scrub well and chop coarsely. Spread the chopped root in a single layer on a baking sheet and place in an oven on very low heat with the door propped open a crack so that air can circulate through. Roast slowly until the pieces dry completely and turn deep brown. The darker the colour, the stronger the flavour. Grind in a blender or coffee grinder until the pieces reach the consistency of coffee grounds. Perk or drip as you would regular coffee. Alternatively, the grounds can be simmered gently for 10 minutes and then strained from the coffee. Some recommend using slightly less grounds than you would with coffee, others suggest 1 tablespoon/cup. Serve with milk/cream and/or sugar/honey. The resulting caffeine-free coffee is said to be very good for the liver.

Dandelion Beer

- 2 cups whole dandelions (just starting to flower)
- 2 cups light brown sugar
- 4 qts. water
- 2 tbsp. cream of tartar
- 1 tbsp. ginger root, chopped and crushed
- 2 tbsp. yeast
- 1 lemon

Wash well, scrubbing off root hairs. Boil the plants in the water for 15-20 minutes with the chopped, crushed ginger root and the lemon peel (no pith). Strain the boiled liquid over the brown sugar and cream of tartar in a 2-gallon crock, until the sugar is dissolved. Cool the liquid to lukewarm, and then add the juice of the lemon and the yeast. Cover the crock with a cloth or towel and let it stand in a warm room. After 3 days, strain the liquid, and put it into screw-topped bottles or use a bottle capper.

Store the bottles on their sides. Test the beer in a week, its ready when there is a hiss when the top is loosened. This beer doesn't keep long ... once it's ready, it should be enjoyed.

DANDELION LEAVES are best gathered in the spring, before the plants start to flower. As soon as the plant begins to mature, the leaves become much more bitter. Bitterness in older leaves can be reduced by removing the leaf midvein or by gathering leaves from shaded rather than sunny sites. It also helps to cook the leaves in a couple of changes of water. To do this you boil the leaves, drain off the water, adding fresh boiling water, boil the leaves again and drain. Another change of water can further reduce bitterness.

Pale leaves grown away from the sun are mildest. Heads of young leaves, cut off at the top of the root (below ground) just as they start to appear above

ground are delicious. Some people take dandelion roots from their gardens in autumn and grow pale (blanched) plants in their basement as a source of nutritious winter greens. Dandelion greens are an excellent source of vitamins A and C and the B complex – considered even more nutritious than spinach and broccoli. Leaves can be substituted for spinach in most recipes, but traditionally, they were cooked with bacon and tossed with vinegar.

Dandelion Wine

- 4 qts. dandelion blossoms (remove bitter stems)
- 1/2 lb. raisins
- 1 gal. boiling water
- 1 package yeast
- 2 lemons, thinly sliced
- 1 tsp. sugar
- 2 oranges, thinly sliced
- 1 cup warm water
- 3 pounds white sugar

Cover the blossoms with boiling water; let stand 24 hours, squeeze and strain. Simmer the liquid with the lemons, oranges and sugar for 20 minutes, then set aside to cool. Dissolve the yeast + 1 tsp. sugar in the warm water. Add this and the raisins to the liquid. Pour into a gallon jug capped with a balloon or a crock covered with cheesecloth. Allow to ferment 14 days, skin, strain and re-bottle.

TO YOUR HEALTH!

Dandelions have been recognized for centuries as a tonic (especially good for the liver) and as a rich source of vitamins and minerals. 100 grams (1/4 pound) of dandelion leaves contain the following nutrients: food energy (45 kcal), protein (2.7 g), fat (0.7 g), total carbohydrate (0.2), crude fibre (1.6 g), thiamine (0.19 mg), riboflavin (0.28 mg), vitamin C (35 mg), vitamin A (1400 RE), and minerals (ash: 1.8 g), including Ca (209 mg), P (64 mg), Na (73), K (422 mg), Mg (51.5 mg), Cu (0.3 mg), Fe (4.1 mg), Mn (0.7 mg) and Cl (329 mg). A dandelion salad or dandelion cocktail is both delicious and nutritious, but some prefer a sweeter tonic made with flowers.

Dandelion Tonic

- 2 cups of dandelion blossoms, no stems.
- 4 cups boiling water
- 1/2-1 cup honey
- 1 orange, thinly sliced, with rind
- 1 lemon, thinly sliced, with rind

Pour boiling water over the flower heads. Stir in the honey. Add orange and lemon. Cover and store at room temperature for 48 hours. Strain and serve over ice. If you substitute sugar, use 1-2 cups in place of the honey.

Dandelion Wine

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

1. Pour hot water over dandelion blossoms.
2. Let stand for 24 hours.
3. Strain in a jelly bag.
4. Heat juice again and add sugar, lemons and oranges.
5. Reheat, then put in a stone jar.
6. Let ferment.
7. Skim every day for 6 or 7 weeks. Then bottle.

Dr. Lehman's Dandelion Wine

- 4 qts. dandelion flowers
- 4 qts. boiling water
- 4 lbs. sugar
- 1 lemon
- 2 oranges

Pour boiling water over the flowers. Let stand 24 hours. Then boil 20 minutes. Put in the rind of the lemon and orange when boiling. Strain through colander. Add the pulp of the lemon and orange sliced in when it is lukewarm. Add a tablespoon of yeast and let stand a week. Then strain it through cheesecloth and put it up. Keep a month before using. If you put it in a jar, do not tighten all at once (the lid) (Don't seal too soon or you will over-pressure the bottles).

Dandelion Root Tea

Simmer 2 tsp. of dried dandelion root (or 2 tablespoons of fresh) in 1 cup of water for 15 minutes in a covered pot. Drink 1/2 cup 15 minutes before meals to improve digestion.

Dandelion Cocktail

- 100 small, washed dandelion leaves
- 1 1/2 cups tomato juice
- 2 tbsp. Worcestershire sauce
- Dash of Tabasco

Place all ingredients in a blender; blend for 3-5 minutes. Serves 3.



Dandelion Leaf Tea

(remedy if you feel bloated)

Pour 1 cup boiling water over 2 teaspoons of dried (or 2 tablespoons of fresh) dandelion leaves and steep for 10 minutes in a covered pot. Drink 3 cups daily.

Dandelions (from Web—sorry, I've lost the site)

The common dandelion (*Taraxacum officinale*) has long been cultivated for food, herbs and tea, but most Americans consider them weeds and collectively spend an enormous amount of time and money to eradicate them. Thought by some to have been brought to America from Europe, at least two sources report that several North American Indian tribes have traditionally used the dandelion for food and medicine. Thus, it seems likely that the dandelion inhabited both the old world and the new.

For those who do not yet know, the wine is made from the flower petals (Actually, these are florets.) only. Pick the flowerheads mid- to late-morning and then wash your hands (they get sticky while picking the flowers), sit in the shade and pull the petals off the flowers. Some people have told me they use the flower heads (as allowed in the second recipe) without excessive bitterness, but I always depetal the flowers. The recipes below call for 2-3 quarts of dandelion petals per gallon of wine. I know of many recipes calling for less. I just don't use them. If you want another way of measuring your dandelion harvest, Layk Thomas of Angola, Indiana reports that one quart of loosely packed dandelion petals weighs 80 grams, while one quart of tightly packed petals weighs 100 grams. Whole blossoms weigh 110-120 grams per quart.

Of the recipes below, I have never used the first recipe as printed, but have used it with fewer dandelions. I have used the second recipe many times and started using the third recipe last year. I have never made a bad batch of dandelion wine but I know people who have. Invariably, they either left too much green material on the flowers or did not peel the citrus fruit thinly enough. The white pith in all citrus skins will ruin any wine. Peeling thinly means just that.

Dandelion Wine (1)

3 qts.	dandelion flowers
1 lb.	golden raisins
1	gallon water
3 lbs.	granulated sugar
2	lemons
1	orange
	yeast and nutrient

Pick the flowers just before starting, so they're fresh. You do not need to pick the petals off the flower heads, but the heads should be trimmed of any stalk. Put the flowers in a large bowl and bring the water to a boil. Pour the boiling water over the dandelion flowers and cover tightly with cloth or plastic wrap. Leave for two days, stirring twice daily. Do not exceed this time. Pour flowers and water in large pot and bring to a low boil. Add the sugar and the peels (peel thinly and avoid any of the white pith) of the lemons and orange. Boil for one hour, then pour into a crock or plastic pail. Add the juice and pulp of the lemons and orange. Allow to stand until cool (70-75 degrees F.). Add yeast and yeast nutrient, cover, and put in a warm

place for three days. Strain and pour into a secondary fermentation vessel (bottle or jug). Add the raisins and fit a fermentation trap to the vessel. Strain and rack after wine clears. Leave until fermentation ceases completely, then rack again and bottle. This wine must age six months in the bottle before tasting, but will improve remarkably if allowed a year.

Dandelion Wine (2)

2 qts.	dandelion flowers
3 lbs.	granulated sugar
4	oranges
1	gallon water
	yeast and nutrient

This is the traditional "Midday Dandelion Wine" of old, named because the flowers must be picked at midday when they are fully open. Pick the flowers and bring into the kitchen. Set one gallon of water to boil. While it heats up to a boil, remove as much of the green material from the flower heads as possible (the original recipe calls for two quarts of petals only, but this will work as long as you end up with two quarts of prepared flowers). Pour the boiling water over the flowers, cover with cloth, and leave to steep for two days. Do not exceed two days. Pour the mixture back into a pot and bring to a boil. Add the peelings from the four oranges (again, no white pith) and boil for ten minutes. Strain through a muslin cloth or bag onto a crock or plastic pail containing the sugar, stirring to dissolve. When cool, add the juice of the oranges, the yeast and yeast nutrient. Pour into secondary fermentation vessel, fit fermentation trap, and allow to ferment completely. Rack and bottle when wine clears and again when no more lees form for 60 days. Allow it to age six months in the bottle before tasting, but a year will improve it vastly. This wine has less body than the first recipe produces, but every bit as much flavour (some say more!).

Dandelion Wine (3)

2 qts.	dandelion flowers
1 11.5 oz.	can of Welch's 100% White Grape frozen concentrate
6-3/4 qts.	water
2-1/2 lbs.	granulated sugar
2	lemons
1	orange
1	tsp. yeast nutrient
	Champagne wine yeast

Pick and remove petals from the flowers ahead of time and freeze petals until you have enough. Put the petals in a nylon-straining bag, tie closed, and bring the water to a boil in large pot. When water boils, place nylon bag in water, reduce to a simmer, and cover pot with lid. Simmer for 20 minutes and remove from heat. When cool, drain petals (squeeze lightly) and return water to a low boil. Add the sugar and the peels (peel thinly and avoid any of the white pith) of the lemons and orange. Reduce heat and simmer for one hour, then pour into a crock or plastic pail. Add the juice and pulp of the lemons and orange and the white grape concentrate. Allow to stand until cool (70-75 degrees F.). Add yeast and yeast nutrient, cover, and put in a warm place for three days. Strain and pour into a secondary fermentation vessel (bottle or jug)

and fit airlock. When wine clears, rack into clean secondary, top up and refit airlock. Rack, top up and refit airlock every 60 days as long as even a fine dusting of lees form. When wine stops throwing sediment for 60 days, rack into bottles and age six months before tasting. It will improve remarkably if allowed to age a full year.

Comments: Dandelion wine is typically a light wine lacking body. One of the recipes above used raisins as a body-builder and another uses white grape concentrate, but you could use dates, figs, apricots, or rhubarb instead. Whatever you use will affect the colour, so golden raisins, golden figs or dried (unsulfited) apricots are usually used with dandelions (all are usually available in bulk at Sun Harvest, Giant Foods, or many other stores).

Two of the recipes call for 3 lbs granulated sugar per gallon of wine. If you like dry wine, use 1/2 lb less sugar. If you like sweet wine, these recipes should serve.

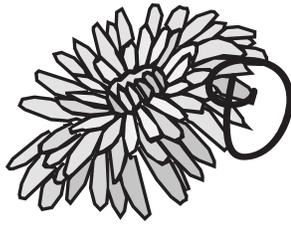
Dandelion must is a milky yellow colour. The milkiness comes from the pigments, pollen and other extracts of the flowers and the dense population of yeast (as many as 10 million yeast cells per drop of must). After several weeks, the wine will "fall clear." When this happens, it will be over quickly and you will probably miss seeing it happen. In all the batches of dandelion wine I've made, I've only caught it happening once.

It will start at the neck of the jug or carboy. The wine will suddenly begin to clear as the pigments and yeast "fall." Within 15-30 minutes, the whole batch will "fall clear" and a thick layer of very fine lees will settle across the bottom of the secondary. Do not rack the wine until it falls clear as described or you could seriously damage the wine by making it difficult to clear at all.

In winemaking, patience is the highest virtue. Dandelion wine will clear very well all by itself, but even more so if racked at least three times. If fined with Sparkolloid or Isinglass, the wine will rack brilliant. I have never had to filter dandelion wine. If you omit the body-building ingredient, dandelion wine is light and invigorating and suited perfectly for tossed salad and baked fish (especially trout). If you ferment with a body-enhancer but shave the sugar, the wine will serve well with pastas, heavier salads, fish, or fowl. Sweetened, it goes well before or after dinner. In any form, when chilled to near iciness it is one of the most refreshing drinks I know of on a very hot summer afternoon. Nothing else tastes like it.

Finally, dandelion wine is well-suited to make into a sparkling wine and may even do splendidly if kept semi-dry to semi-sweet. In that case I'd use no more than 3/4 lb of raisins per gallon if you use that recipe -- you don't want too much body weighing it down.

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Dandelion



Appetizers and Entrees

Dandelion "Mushrooms"

15 Dandelion flower heads, rinsed in water but still slightly moist

- 1/2 cup flour
- 2 tbsp butter

Dredge moist flowers in flour. Heat butter in a heavy frying pan. Add flowers and fry quickly, turning to brown all sides. Serve hot. Close your eyes and pop one of these crisp goodies into your mouth. Would you believe it was a d'lion and not a fried mushroom?

Cornmeal Dandies

- 1 egg
- 1 tsp. butter
- 1 cup cornmeal
- 1/4 cup parmesan cheese, finely grated
- 1/4 cup peanut or other veggie oil
- 15 to 20 d'lion flower heads

Beat eggs with water in a small bowl. Mix cornmeal and cheese in a small bowl. Heat oil in a heavy frying pan until it begins to sizzle. Dip each flower into the egg mixture, then place it in the cornmeal-cheese mixture and gently toss until all surfaces are covered. Gently drop the coated flower in the hot oil, turning frequently, until evenly golden. Drain on paper towel. Serve immediately or later at room temp.

This is a variation of a Native American dish. The slight bit of the cheese is a fine contrast to the sweetness of the flowers. A versatile recipe, serve the battered blossoms as a side dish, crunchy garnish, or hors d'oeuvres.

Weed Balls

- 2 cups dandelion greens (or other spring greens), chopped
- 2 cups bread cubes, cut into 1/4 inch pieces
- 2 large eggs
- 3/4 cup grated parmesan cheese

Toss greens and bread cubes together. Add eggs and mix. Form into 16-20 ping-pong-sized balls and roll in parmesan to coat. Bake at 425°F (220°C) for 10 minutes, until browned.

Dandelion Dip

- 1/4 cup plain yogurt
- 1/2 cup cottage cheese
- 1 cup dandelion greens
- Garlic and salt to taste

Mince greens and garlic and combine with yogurt and cottage cheese or blend all ingredients in a blender. Serve with tortilla chips.

Dandelion Flowers

Serves 4.

- 2 cups dandelion flowers
- 4 teaspoons sesame, or olive oil
- 1/4 teaspoon of garlic powder

Place oil in fry pan and warm to moderate heat. Place flowers in pan and stir-fry for 5-7 minutes. Fry until thoroughly wilted. Sprinkle with garlic powder. Serve as a side garnish.

Batter-Fried Dandelion

(ingredients for one serving)

- 2 Cups Dandelion Blossoms
- 1 Egg beaten
- 1 Cup Milk
- 1 Cup Flour
- 1/2 Tsp. Salt
- 1/4 Tsp. Pepper
- Fat For Frying

Pick the dandelions as close to the head as possible (the stems are very bitter). Rinse well; pat dry with paper towels. Beat the egg, milk, flour, salt, and pepper in a small bowl. Dip each flower into the batter. Deep fry in oil that is hot but not smoking (350°F 375°F), until golden brown. Drain on paper towels and sprinkle with salt.

Sweet and Sour Dandelions

- 1 tbsp. flour
- 2 tbsp. white wine vinegar
- 3 strips of bacon fried crisp
- pinch of salt
- 1 tbsp. bacon drippings
- 2 hard boiled eggs, diced
- 1 1/4 cups cold water
- 1 cup freshly minced dandelion greens

- 2 tbsp. sugar
- 1 lb. steamed new potatoes cut into small cubes

Stir the flour into the drippings in the pan. Cook and stir over a medium heat until lightly browned. Stir in the water and bring to a boil stirring constantly until smooth. Add sugar, vinegar, and salt. Cook while stirring until thick and bubbly, cook a minute more. Fold in the diced eggs and dandelion greens. Top with crumbled bacon. Serve over steamed new potatoes.

Dandelion Stir-Fry

Serves 4

- 1 lb. young dandelion roots and leaves
- 1 cup onion, sliced
- 6 oz. mushrooms, sliced
- 3 tbsp. olive oil
- 4 cloves garlic, minced
- 3 tbsp. tamari or soy sauce
- 1 tbsp. dark sesame oil

Wash and chop young dandelion roots and leaves harvested in early spring. Drain. Sauté onions and sliced mushrooms in olive oil until soft and a little brown. Add garlic and chopped dandelion; cover and cook 5 to 10 minutes until tender, stirring occasionally. Turn off heat. Add tamari and sesame oil. Let sit 1 to 2 minutes before serving.

Dandy Eggs

- 1 tbsp. sweet/unsalted butter
- 20 dandelion buds
- 3 eggs
- 1 tbsp. water
- 4 dandelion flower heads

Melt butter in a 10-inch frying pan over medium heat. Add buds, cooking until they start to open into flowers. Whisk the eggs and water until the mixture is light and frothy. Slowly pour the eggs into the cooked buds, stirring gently as the eggs set. Cook to desired consistency. Serve garnished with d'lion flower heads or florets.

Batter-Fried Dandelion

(ingredients for one serving)

2 cups	dandelion blossoms
1	egg beaten
1 cup	milk
1 cup	flour
1/2 tsp.	salt
1/4 tsp.	pepper
	fat for frying

Pick the dandelions as close to the head as possible (the stems are very bitter). Rinse well; pat dry with paper towels. Beat the egg, milk, flour, salt, and pepper in a small bowl. Dip each flower into the batter. Deep fry in oil that is hot but not smoking (350°F 375°F), until golden brown. Drain on paper towels and sprinkle with salt.

Dandelion Flower Fritters

1 cup	whole wheat flour
2 tbsp.	olive oil
2 tsp.	baking powder
1 cup	dandelion flowers, clean and unsprayed
1 pinch	salt
1	egg
	Nonstick vegetable oil spray
1/2 cup	low-fat milk or water

This variation on pancakes uses the yellow puffs of the dandelion, a good source of Vitamin A. In a bowl mix together flour, baking powder and salt. In a separate bowl eat egg, then mix with milk or water and olive oil. Combine with dry mixture. Stir in yellow flowers carefully, taking care not to crush them. Lightly spray a griddle or frying pan with vegetable oil. Heat until thoroughly warmed. Pour batter onto griddle by spoonfuls and cook like pancakes. Makes 10 fritters.

Dandelion Quiche

One way to use fresh greens is in a quiche. Feel free to substitute other greens such as fresh spinach or lamb's quarters to this recipe.

3/4 cup	dry rice
1 1/2 cup	water
3	eggs
3 tbsp.	grated Parmesan cheese
1 cup	chopped dandelion greens
1/2 tbsp.	nutmeg
	pepper
1 tsp.	lemon juice
1	medium onion, chopped
1 tbsp.	butter or margarine
1 cup	skim milk

To make sticky rice place 1 1/2 cups of water in a pan. Add 1/2 cup of rice and cover. Bring to a boil then reduce heat as low as possible and let

set for 20 minutes. Don't be tempted to lift the lid to check on the rice or you will release the steam. When done, fluff the rice with a fork and mix with 1 beaten egg and 1 T grated cheese. Press firmly into pie pan, forming a crust. Bake the crust for 3 minutes at 425°F. Remove from oven and set aside.

Cook dandelion greens just barely covered in water for 4 minutes. Drain and add nutmeg, pepper and lemon juice. Continue cooking until all the lemon juice has evaporated. Sauté onion in butter or margarine, until slightly brown. Add to dandelion greens.

Place dandelion mixture in crust, sprinkle with remaining 2 tbsp. of cheese. In a bowl mix 2 eggs with milk, pour into quiche. Bake for 10 minutes at 425°F. Lower temperature to 350°F. Bake for an additional 30 minutes. Quiche is done when centre is firm.

Dandelion Pesto

2 cups	washed, dried and tightly packed dandelion greens
1-2 tbsp.	dried herb of choice (basil, thyme, savory, or others)
2-3	cloves garlic crushed and left to air for a few minutes
1 cup	sunflower seeds
1/2 cup	olive oil
1 cup	grated Parmesan or Romano cheese

Dried herbs may be used, however fresh are preferable.

Add each ingredient one at a time in a food processor until completely blended. Drizzle in the olive oil to allow it combine thoroughly. Same for the cheese. Just add a bit at a time so it can become completely blended. Hand chopping and working your pesto is best but food processors do cut down on your time. Blenders work well also if you do not have a food processor.

Fold into cooked pasta until the pasta is completely coated with pesto.

Add diced black olives, fresh diced Roma tomatoes, diced fresh mushrooms and/or diced summer squash to create a pesto recipe all your own.

Dandelion Omelet

1/4 cup	unopened dandelion buds
1/4 cup	chopped sweet red pepper
2 tbsp.	butter, divided
4	eggs
1/2 tsp.	water
1/2 cup	shredded cheddar cheese
	Dandelion blossoms (optional)

In an 8" nonstick skillet over med. heat, sauté dandelion buds and red pepper in 1 tbsp. butter for 2-3 min; remove and set aside. In the same skillet, melt remaining butter. In a small bowl, beat eggs and water. Pour into the skillet; cook over med. heat. As eggs set, lift edges, letting uncooked portion flow underneath. When the edges are set, sprinkle with cheese. Spoon dandelion mixture over half of the eggs; fold omelet in half. Yield: 2 servings.

Garnish with dandelion blossoms if desired. Pick dandelion blossoms just prior to serving, as they will close otherwise.

Dandelion petals can also be mixed into pancake and waffle batter or added to cakes and cookies.

Dandelion Flower Muffins

2 cups	flour
1/4 cup	oil
2 tsp.	baking powder
4 tbsp.	honey
	salt to taste
1 1/2 cup	milk
1/2 cup	clipped dandelion flowers (remove bitter green parts)

Combine dry ingredients in one bowl and wet ingredients in another. Add liquid mixture to flour mixture and stir until just mixed. Place in oiled muffin tins and bake at 400° F for 20-25 minutes.

CAUTION – Dandelions are considered non-toxic and safe to eat, but people with severe allergies to other members of the aster family (e.g. daisies, ragweed) should use dandelions with caution at first. In towns and cities and along roads, weeds such as dandelions are often sprayed with herbicides. Always take care to collect plants only from pesticide-free areas.

