

DANDELION

Taraxacum officinale



DANDELION

Dakota: wahčá zí

Anishinaabe: doodooshaaboojiibik

ABOUT

Dandelions are herbaceous perennial plants with a rosette of dark green leaves that grow up to 12' long and one or more hollow, flowering stalks that grow up to 15" long. Leaf margins consist of large teeth. The bright yellow inflorescence is common in disturbed areas such as lawns and roadside ditches

HARVEST / PREP

- Leaves are best in spring, flowers & stems in summer, & roots in fall
- Avoid places recently sprayed with pesticides

BENEFITS

- Excellent for liver health
- Shown to destroy free radicals, lower blood sugar, and improve pancreas function