



FORAGING FOR DANDELION

What are dandelions?

Dandelions are perennial herbs with sunny, yellow flowers and spiky leaves. They are a great, safe beginner plant for new foragers.

How do you preserve and use rosehips?

The freshly picked leaves make a great salad green similar to arugula. They can also be cooked up as a substitute for kale and other leafy greens in your favourite recipes. Dandelion flowers make a slightly sweet addition to recipes used fresh, and also make a lovely jelly.

The leaves and flowers can be used fresh, dried, or frozen and the leaves can be frozen as a pesto with a little olive oil and lemon juice.

For dandelion roots, make sure you wash them well before cutting them into thin strips for drying. You can store them dried in strips or grind them down to a powder in a clean coffee grinder. For a coffee substitute, try toasting the roots before drying them.



What parts are edible?

All parts of the dandelion plant are edible! You can eat the greens, the roots, and even the blossoms.

How do you responsibly harvest?

Harvest the greens and flowers in the spring when they're at their most tender and flavourful, but never take more than 1/3 of blossoms from your harvesting area. Harvest the roots in the early fall and again, take roots from no more than 1/3 of plants in your area.

What are the nutritional and medicinal benefits?

Dandelion greens are high in Vitamins A, C, and K and are also a solid source of Vitamin E, folate, iron, and calcium. It's also held to aid in digestion, support healthy kidney and liver function, and increase appetite. The root is also held to be a powerful antioxidant.

Responsible foraging

Before you go foraging, always make sure you are confident in your ability to correctly identify plants! Look for locally relevant field guides or ask a knowledge holder from your community for guidance.

Cautionary note

Keep an eye out for dandelion lookalikes – true dandelions will have hollow stems, single flower heads on a stalk, and leaves clustered at the base of the stalk.