

Dandelion Greens



Dandelion Greens Facts

- Dandelions are found on all continents and have been gathered for food since prehistory, but the varieties cultivated for consumption are mainly native to Eurasia.
- Dandelion leaves and buds have been a part of traditional Kashmiri, Slovenian, Sephardic, Chinese, and Korean cuisines.
- The flower petals, along with other ingredients, usually including citrus, are used to make dandelion wine.
- The ground, roasted roots can be used as a caffeine-free dandelion coffee.
- Dandelion was also traditionally used to make the traditional British soft drink dandelion and burdock, and is one of the ingredients of root beer.
- Dandelions were once delicacies eaten by the Victorian gentry, mostly in salads and sandwiches.
- Dandelion leaves contain abundant vitamins and minerals, especially vitamins A, C and K, and are good sources of calcium, potassium, iron, and manganese.
- Dandelion is used as an herbal remedy in Europe, North America, and China. It has been used in herbal medicine to treat infections, bile and liver problems, and as a diuretic.
- Dandelions are also important plants for Northern Hemisphere bees, providing an important source of nectar and pollen early in the season.
- Dandelions are used as food plants by the larvae of some species of Lepidoptera (butterflies and moths).

