



Humming for Bees presents. . .

Don't Spray That Dandelion. . . Eat It!!

Dandelions are an important early-season source of food for honeybees and other pollinators. If you find a nice lawn full of cheerful yellow flowers, you may notice that the bees are busy there. You may also notice that the human users of that lawn are healthy, because dandelions are rich in protein, calcium, iron, and Vitamins A and C. They are good for digestion, rheumatism, and are great for your liver. The greens, roots, and flowers can all be eaten! However, if you want to eat the greens, collect them before the flowers open, because that is when they are the least tough and bitter.

Here are some recipes for you to try:

Coffee

--almanac.com

Dandelions can be used for coffee two ways: it can be added to coffee (like chicory) or used alone as a coffee-like substitute.

1. Scrub dandelion roots, drain and place on a baking sheet.
2. Roast at 150 F until roots are dark and dry (about 4 hours).
3. Cool and grind roots with food blender. Store in covered jar until used.
4. Add 1 heaping teaspoon of roasted roots to 1 cup of water. Steep for 3 minutes. Strain and serve. Add cream and/or sugar to taste. If you just want to try this without going whole hog, brew your coffee as usual, and add 1 teaspoon of roasted dandelion roots for each 6 cups of coffee. More or less root may be used depending on taste.

Dandelion Wine

--almanac.com

Taste the "spirit" of spring using common dandelions. Makes about three 4/5 wine bottles.

- 2 quarts of dandelion petals (stem and green collar of each flower removed)
 - 2 quarts of boiling water
 - 3 lemons
 - 3 1/2 cups sugar
 - 10 oz package of frozen sweetened red raspberries
 - 1 yeast cake
 - cheesecloth
 - 1 one-gallon jar (stoneware jar works best)
 - 3 one quart wine bottles with screw-on caps
1. Pick the dandelions, snip off the stem and green collar and rinse in cool water. Place petals in the one-gallon jar and pour the boiling water over them.
 2. Let stand overnight.
 3. In the morning, strain the liquid through cheesecloth, being sure to squeeze the flowers to remove all the juice. Combine dandelion juice with strained juice of lemons. Add juice to frozen raspberries and sugar. Bring mixture to a boil and simmer for 20 minutes.
 4. Pour mixture back into jar, cooling to lukewarm temperature. Add yeast cake. Stir until yeast dissolves, cover the jar, and let mixture ferment for 10 days or until hissing subsides.
 5. Using a double layer of cheesecloth, strain the liquid into a cider jug and let stand for 3 days.
 6. Strain liquid again and place into quart wine bottles with screw-on caps, but DO NOT tighten the caps. Let the wine stand for awhile and then cap the bottles.
 7. Age until December.
 8. Enjoy!

Dandelion Jelly

--about.com herb gardens

- 10 Cups dandelion flowers, milky stems removed
 - 4 1/2 Cups sugar
 - 2 Tbsp. lemon juice
 - water
1. Snip off base of each dandelion flower until you have just yellow petals.
 2. Pour boiling water over petals. Steep until room temperature or overnight if possible.
 3. Strain through coffee filter to remove spent petals.
 4. Add additional water until tea measures 3 Cups.
 5. Combine tea, lemon juice, box of pectin, sugar into large saucepan.
 6. Boil until jelly sheets on the back of a spoon.
 7. Process as jelly to preserve, or refrigerate

Dandelion infused oil

--about.com herb gardens

Dandelion oil smells like summertime and is great for aching muscles and joints.

1. Pick one glass container full of dandelion blossoms.
2. Pour olive oil over blossoms until they are fully covered.
3. Using a wooden handle of a kitchen utensil, or a chopstick, carefully poke the mixture to remove air bubbles.
4. Cover glass container with a breathable lid, such as a coffee filter or woven cloth, held on with a rubber band.
5. Place in sun to steep for a minimum of 2 weeks.
6. Strain and keep in a cool, dark place.

Dandelion Fritter Recipe

by Kimberly Gallagher

1. Gather the tops of dandelion flowers—leave the milky stems behind. Pick them in the sunshine when they are open, and when you have time to make the fritters right after gathering.
2. Mix together one egg and one cup of milk. Stir in a cup of flour and your fritter batter is ready to go. (If you like your fritters sweet you can add a little maple syrup or honey.)
3. Now, prepare a skillet on the stove with gently warmed olive oil – keep it over medium heat.
4. Take one of the flowers and hold it by the greens at the base of the flower petals. Dip the petals into the batter and twirl until the flower is covered.
5. Drop it into the skillet, flower side down. Continue dipping and dropping flowers, checking the first ones every once in a while to see if they are brown. When they've lightly browned, flip them over and brown them on the other side.
6. When they're brown on both sides remove them from the skillet and drain the excess oil on paper towel.
7. For a sweet treat, drizzle them with maple syrup, honey, jam, or powdered sugar. For savory fritters try dipping in mustard or adding some savory herbs to the batter.

A **second method** for fritter making is to pull the dandelion flower petals from the green base and add the petals to the batter. Then you can cook them up just like pancakes.

Dandelion Tea

--learningherbs.com

Dandelion flowers are good for your heart. Dandelion flower tea can help relieve pain from headaches, menstrual cramps, backaches, stomachaches and depression. Boil a mug of water and pour it over dandelion flowers. Strain and drink.

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