



DANDELION

EVERY PART OF THE DANDELION IS EDIBLE AND HAS MANY HEALTH BENEFITS FROM BOOSTING YOUR IMMUNE SYSTEM TO DETOXIFYING YOUR BODY.

HEALTH BENEFITS:

- HEALING DIURETIC EFFECT.
- LOWERS BLOOD SUGAR.
 - HELPS WITH DETOX.
- LOWERS BLOOD PRESSURE.
- HIGH IN VITAMINS AND NUTRITIOUS.
- NATURALLY ANTI-INFLAMMATORY.
- IMPROVES THE IMMUNE SYSTEM.
- SHORTENS THE LENGTH OF THE FLU.
 - IMPROVES SKIN HEALTH.
 - PROMOTES GUT HEALTH.

CAUTION:

- CAN INTERACT WITH OTHER MEDICATIONS YOU ARE TAKING (DIURETICS)
- IF YOU'RE FORAGING DANDELIONS, A GOOD RULE OF THUMB IS GROW FOR ABOUT 3 YEARS TO GET ALL THE PESTICIDES/CHEMICALS OUT OF THEIR SYSTEMS BEFORE INGESTING.

SOWING:

PLANT SEEDS ABOUT 6-8 WEEKS BEFORE THE LAST FROST. DANDELIONS ARE HEARTY AND FORGIVING PLANTS AND CAN THRIVE IN A VARIETY OF SOILS. PLANT $\frac{1}{4}$ OF AN INCH BELOW SOIL SURFACE.

NEEDS:

THEY LIKE PARTIAL SHADE AND NOT A LOT OF DIRECT SUNLIGHT. PLANT SEEDS ABOUT 8 INCHES APART OR IN THEIR OWN POTS. WATER PLANTS REGULARLY AND MONITOR SUNLIGHT.

GERMINATION AND GROWING:

DANDELIONS TAKE ABOUT 10-14 DAYS TO GERMINATE.

HARVEST:

LEAVES, FLOWERS, ROOTS

TEAS AND INFUSIONS:

GO-TO METHOD, QUICK AND EASY

- TAKE DRIED OR FRESH LEAVES/FLOWERS
- PUT IN CUP
- POUR HOT WATER OVER IT
- STEEP FOR A FEW MOMENTS

QUANTITY:

CUP - 1 TSP DRIED HERBS OR 2 TSPS FRESH HERBS
POT - $\frac{1}{4}$ - $\frac{1}{2}$ C DRIED HERBS OR 2 C FRESH HERBS
(STORE IN FRIDGE OR DARK COOL SPACE NO MORE THAN A DAY OR 2)

*YOU CAN USE THE LEAVES, FLOWERS AND ROOTS TO MAKE TEA

*YOU CAN ADD THE LEAVES TO A FRESH SALAD OR VEGETABLE STIR FRY