



Dandelion

(*Taraxacum officinale*)

- ◆ **FOUND** in lawns and sunny open spaces throughout the United States.
- ◆ **LEAF** is green and has pointed teeth on its edges.
- ◆ **FLOWER** is yellow, floral and sweet.
- ◆ **TO HARVEST LEAVES** pinch or cut off green leaves, preferably before flowering.
- ◆ **TO HARVEST FLOWERS** pinch off open flowers on a sunny day and use within a few hours. Use in jams, pies, and salads.
- ◆ **BEWARE** of pesticides, fertilizers, animal droppings, etc. as you forage.
- ◆ **FORAGE** this plant freely.



Arnoldius//cc.

Matsuoka Won, Tama and Eddy Leroux. 2012. [Foraged Flavor: finding fabulous ingredients in your backyard or farmer's market](#). New York: Clarkson Potter Publishers.



Dandelion

(*Taraxacum officinale*)

- ◆ **FOUND** in lawns and sunny open spaces throughout the United States.
- ◆ **LEAF** is green and has pointed teeth on its edges.
- ◆ **FLOWER** is yellow, floral and sweet.
- ◆ **TO HARVEST LEAVES** pinch or cut off green leaves, preferably before flowering.
- ◆ **TO HARVEST FLOWERS** pinch off open flowers on a sunny day and use within a few hours. Use in jams, pies, and salads.
- ◆ **BEWARE** of pesticides, fertilizers, animal droppings, etc. as you forage.
- ◆ **FORAGE** this plant freely.



Arnoldius//cc.

Matsuoka Won, Tama and Eddy Leroux. 2012. [Foraged Flavor: finding fabulous ingredients in your backyard or farmer's market](#). New York: Clarkson Potter Publishers.

Dandelion Flower Lemonade

Courtesy of Sara Morris-Marano

Makes about 1 gallon

Ingredients:

- Room temperature water
- Juice of 6 lemons
- About 2 ½ quarts freshly picked dandelion flowers heads, picked on a sunny day
- Honey or simple syrup, to sweeten
- Mint, to garnish

Simple Syrup:

- 1 cup sugar
- 1 cup water

Directions:

To make lemonade:

1. Place dandelion flowers, juice of all lemons, and water in a gallon jug or jar.
2. Chill for 2-4 hours and allow to steep.
3. Sweeten to taste, adding honey and/or simple syrup.
4. Serve over ice with lemon wedges

To make Simple Syrup:

1. Combine sugar and water in a medium saucepan.
2. Bring to a simmer and allow sugar to dissolve.
3. Allow to cool before mixing into lemonade.

Recipes taken from Rutgers Day and prepared are done so at your own risk. Rutgers, The State University of New Jersey is not responsible for any damage, medically or otherwise, resulting from the preparation of food using instructions or recipes provided on this recipe card.

Deep-Fried Dandelion Flowers

Courtesy of Sara Morris-Marano

Ingredients:

- 20-30 dandelion flowers, stem removed
- Neutral tasting oil, for frying (peanut, vegetable, canola)
- 2 Tbs. cornmeal
- Salt, to taste
- Pepper, to taste
- 1 egg, beaten
- Water, as needed

Directions:

1. Rinse flowers thoroughly with water.
2. Heat a Dutch oven or frying skillet over medium heat. When hot, add a thin layer of oil.
3. Combine the cornmeal, salt, pepper, and egg to make the batter. Adjust consistency of batter as needed.
4. Dip flowers in batter and fry in batches, for about 3 minutes or until golden.
5. Drain fried flowers on paper towels, and serve.

Recipes taken from Rutgers Day and prepared are done so at your own risk. Rutgers, The State University of New Jersey is not responsible for any damage, medically or otherwise, resulting from the preparation of food using instructions or recipes provided on this recipe card.