

classification  
 family ~ Compositae (Aster)  
 latin ~ Taraxacum officinale  
 common ~ Dandelion

reference ~ Native American Ethnobotany ~ Moerman

Did you know.....  
 originally from Greece,  
 today found everywhere  
 except Antarctica.

NOTE similar look alike  
 False Dandelion w hairy leaf.

First Nation use  
 Algonquin (Quebec) ~ blood medicine, greens eaten to  
 purify blood.  
 Bella Coda (B.C.) ~ pain relief & stomach aid (root)  
 Ojibway ~ greens cooked with venison + maple sap  
 vinegar.

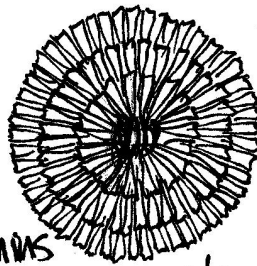
TAP ROOT  
 Inulin & levulin which  
 balance blood sugars  
 Vitamin A 7x more  
 than carrots

NOTE latex allergies  
 present indicates little  
 nitrogen is present in  
 the soil.

HARVEST  
 early spring/fall ~ ROOT  
 early summer ~ FLOWER  
 any time ~ young leaf

### dandelion

food nectar for insects



pollen  
 Vitamins  
 protein, amino acids  
 trace minerals

Vitamin  
 D  
 bone &  
 immune



stem  
 latex



IRON

grows  
 1 meter  
 into the  
 earth.

creates  
 good drainage

retrieves  
 minerals

LIVER  
 CLEANSER

### Edible Leaves

Smooth surface, jagged edges

Vitamin A ~ eyes  
 Vitamin K ~ blood  
 Calcium, iron, vitamin C  
 Pectin ~ colon health

Minerals ~ bone & teeth  
 Chlorophyll (green color)  
 Magnesium, potassium,  
 flavonoids.



KIDNEY CLEANSER

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### Uses

vinegar infusion ~ root  
 jam ~ flower  
 relish ~ root  
 tea ~ root or leaf  
 salad ~ flower + leaf  
 pancake mix ~ flower  
 fritters ~ flower  
 smoothies ~ flower + leaf