

FIVE THINGS TO DO WITH DANDELIONS





DANDELION GREENS SALAD

- 1 carrot, shredded
- one apple, chopped
- a big bunch of dandelion greens, chopped
- juice of one lemon
- olive oil
- sea salt to taste

Combine all ingredients and enjoy as a quick lunch or side dish. This is a basic recipe, to which you can add other ingredients for variation, like pine nuts, sunflower seeds, sesame seeds, capers, garlic or other herbs of your choice.



DANDELION FLOWER VINEGAR

Fill a glass jar with dandelion flowers, green parts removed. Cover with apple cider vinegar and let steep for 6 weeks. Strain, put in a labeled jar and keep in a cool, dark, place.

This vinegar works very well in any salad. Or you can make a healthy dandelion summer drink: fill a glass with two tablespoons of sunny yellow dandelion flower vinegar, two tablespoons of honey and add water. At your health!

Other variations:

- Add a little bit of fresh ginger root or fresh elder flowers.
- The same method can be used for dandelion buds, leaves and roots.



DANDELION MASSAGE OIL

Pick enough dandelion flowers to fill a glass jar. Chop them up a little or tear them apart with your hands. Try to get rid of as much of the green parts as possible.

Place them in the jar and cover with olive oil. Make sure all plant material is completely covered with oil. Use a wooden branch or chopstick to remove any air bubbles. Cover the jar with the lid and place in the sun for 2 to 3 weeks.

Strain, pour in a glass bottle with label, and store in a cool and dark place. Dandelion oil is a good remedy for aching muscles and joints. It's also my favorite ailment for PMS-induced sore breasts. Or you can use it in winter, when you need a reminder of the summer to come.



DANDELION CHAINS

Choose dandelion flowers with a thick stem for this project.

Attach the dandelions to one another by tying the stem in a knot around the previous dandelion stem. Some people like to use double knots for extra security. Tie the two ends of the chain together once the desired length has been reached (necklace, crown, bracelet, garland).



PUFFBALL MEDICINE

*~ When you look at a field of dandelions,
you can either see a hundred weeds or a hundred wishes ~*

Here's a cool idea I found on Pinterest. When dandelions are in seed, gather the puffballs, take off the seeds and store them in a glass jar. Every time you feel down, go outside, open up the jar, take some seeds in the palm of your hand, make a wish and blow!

Instant happiness :)