

Dandelion

Or Lion's Tooth or Fairy Clock

Taraxacum Officinale

Little soldier with the golden helmet,
O what are you guarding on my lawn?
You with your green gun
And your yellow beard,
Why do you stand so stiff?
There is only the grass to fight!
By Hilda Conkling

Guess What?

Dandelions are also called "Fairy Clocks." Legend tells that the flowers of a dandelion always open near 5:00am and always close near 8:00pm.

Why do we need Dandelion?

We can use dandelion for:

Stomachache/Indigestion

Nervousness

Skin Problems

And lots of other things!

Eating Dandelion

You can eat dandelion leaves in a lot of different ways. Steam them like spinach, or mix them with other vegetables in a stir-fry! Yummy!

