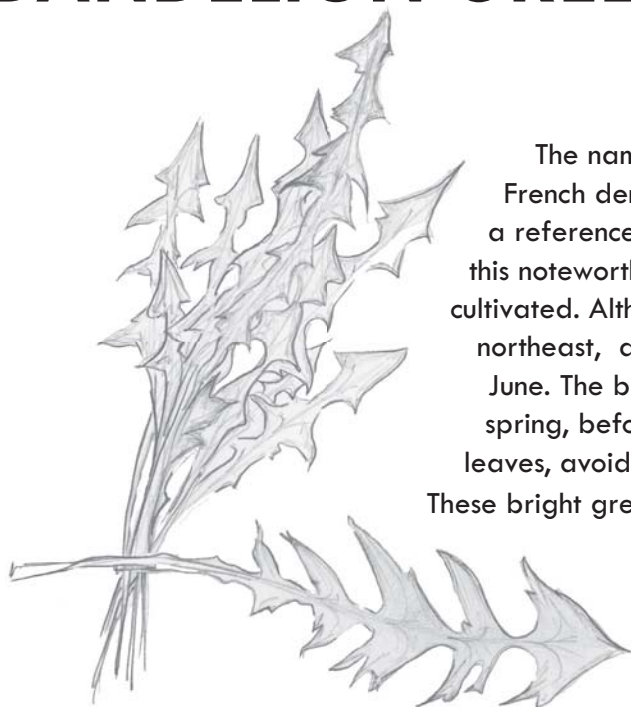


DANDELION GREENS



The name **DANDELION** comes from the French *dent de lion*, meaning “lion’s tooth,” a reference to the jagged-edged leaves of this noteworthy weed that grows both wild and cultivated. Although they are available from May-November in the northeast, dandelion greens are best during the spring, through June. The best, most tender dandelion greens are found in early spring, before the plant begins to flower. Look for crisp, bright leaves, avoiding those with yellowing, browning or wilted tips. These bright green leaves have a slightly bitter, tangy flavor.

STORAGE

- ◆ **Refrigerate** greens wrapped in a **damp cloth or paper towel** and placed in an open plastic bag in the refrigerator drawer.
- ◆ Dandelion greens will last about **1 week** if stored this way.

PREPARATION

- ◆ Remove the stems and **wash leaves just before using**. Pat dry with a clean towel or spin dry with a salad spinner.
- ◆ **Revive wilted leaves** by soaking in **ice water** for a few minutes.
- ◆ Dandelion greens can be **eaten raw** in salads **or cooked** like spinach; sautéed, steamed or boiled.

Nutritional Information

Dandelion greens are an excellent source of Vitamin C and Vitamin A and a good source of Calcium. Vitamin A is important in vision, growth and development, skin health, immune function and reproduction. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption. Calcium can help maintain good bone health and may reduce risk of osteoporosis.

Dandelion Greens Recipes

Simple Sautéed Dandelion Greens

12 cups fresh dandelion greens
2 cloves garlic
2 tablespoons olive oil
salt and pepper to taste



Heat the oil and garlic in a saucepan. Add dandelion greens, salt, and pepper. Cook until tender, about 10 minutes. Add water if it gets too dry. Serve hot.

Recipe adapted from Mary Felberg at Walton Feed, Inc. <http://waltonfeed.com/grain/cookin/dandilon.html>

Southern Style Dandelion Greens (Serves 4)

6 cups dandelion greens
1/2 cup chopped onion
1 clove garlic, minced
1 whole small jalapeno pepper, seeded
1/4 cup cooking oil
salt and pepper
Grated Asiago or Parmesan cheese



Wash greens well in salted water. Cut leaves into 2-inch pieces. Cook greens uncovered in small amount of salted water until tender, about 10 minutes. In a separate pan, sauté onion, garlic, and chile pepper in oil. Remove greens from water; add to onion garlic mixture. Season with salt and pepper to taste, sprinkle with grated cheese and serve.

Recipe adapted from www.about.com

Dandelion Green Fettuccine (Serves 2)

2 cups Dandelion greens
2 Eggs
1 to 1 1/2 cups Flour
1/2 teaspoons Salt



In a blender, combine dandelion greens and eggs. Blend until smooth. Transfer mixture to a bowl, add salt and slowly add flour 1/4 cup at a time while mixing. Add flour until dough is stiff. Turn dough onto floured surface and knead until smooth (approximately 5 minutes). Roll out with rolling pin to 1/8"-1/4" thickness or thinner. Allow to stand and dry 1 hour, then cut into strips. Drop into boiling water and cook 1-2 minutes.

Recipe adapted from www.RecipeSource.com.