

the humble  
**DANDELION**  
(its not just  
A weed!)

BEEES LOVE  
US TOO!!!



SCIENTIFIC  
NAME:

Taraxacum  
officinale

Although in recent  
years dandelions  
have been viewed  
as pests, they  
were historically  
valued as a

source of food  
and medicine.

The plant was  
first mentioned  
in 10th century  
journals of

Arabian physicians.



CHEF'S TIP:

To create a  
savory pastry  
filling, mix chopped  
dandelion leaf,  
ricotta cheese, feta



cheese, and a  
pinch of fresh  
mint. (now for  
a FUN FACT!)

DANDELION'S

name comes

from the

french

"dent

de lion"

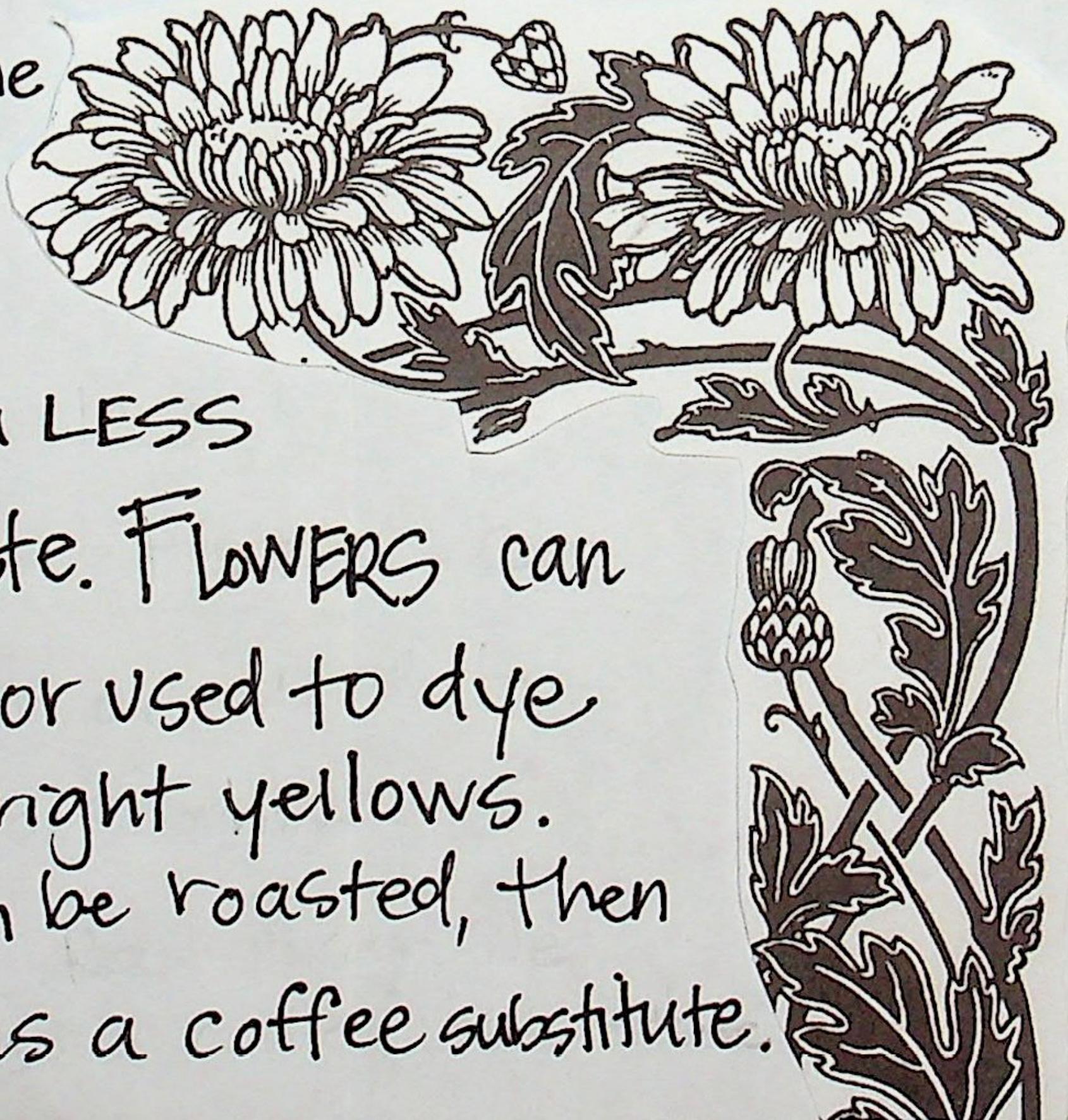
(TOOTH OF

THE LION)



Harvest the  
leaves  
in the  
Fall for a LESS

bitter taste. FLOWERS can  
be eaten or used to dye  
wools bright yellows.  
Roots can be roasted, then  
ground as a coffee substitute.



French "dent de lion" (Tooth of the Lion)

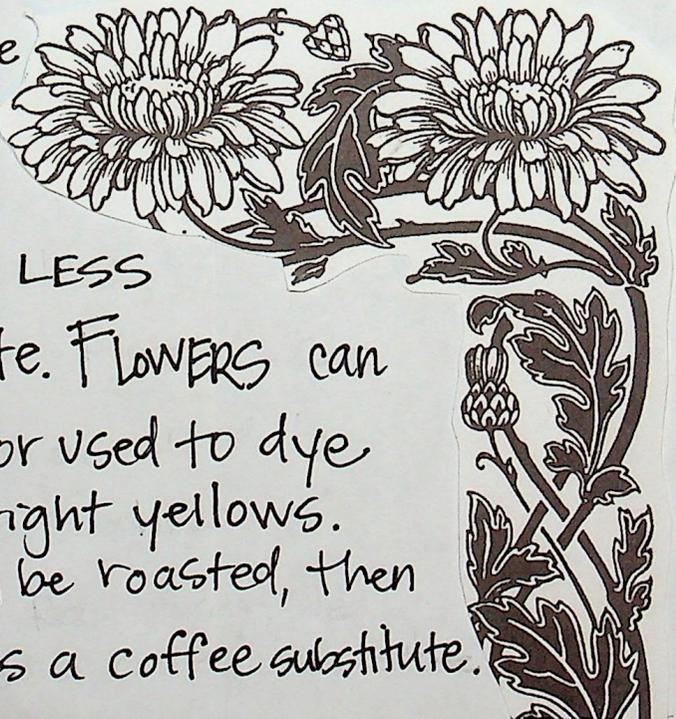


from the name comes DANDELION'S (now for mint. (a pun fact!)) pinch of fresh cheese, and a

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