

WAKE HIKIRUXE WIIRA
March: Racoon Chasing Each Other Moon

HARVEST OF THE MONTH

Xqqwizi
(Dandelion)

ABOUT DANDELIONS

- Nearly all parts of the dandelion can be eaten, but be sure the dandelion has not been treated with any chemicals.
- The leaves of dandelions are best when they are young in early spring. You can boil, steam, or enjoy them raw.
- The roots may also be eaten in early spring. Cook them as you would any other root vegetable. Dried roots can also be used in tea.
- Blossoms are sweetest in early spring and should be eaten shortly after gathering. They may be used to garnish a plate or on salads. Dandelion buds can even be pickled, like capers.
- Dandelion sap does contain latex so anyone with a latex allergy should avoid handling.
- Dandelion leaves have more vitamin A than spinach, and more vitamin C than tomatoes!
- Dandelions have a long history as a medicinal plant and are a gentle diuretic.

GATHERING CONSIDERATIONS

- Gather dandelions that are free from any chemical treatments. Make sure you have permission to gather in that area.
- Dandelion may interact with some medications so check with your provider before consuming. Do not consume if pregnant or nursing.



1.<https://www.mofga.org/resources/weeds/ten-things-you-might-not-know-about-dandelions/>
2.<https://hortextension.wisc.edu/articles/dandelion-taraxacum-officinale/>
3.<https://homespunseasonalliving.com/dandelion-tea-recipe/>

Dandelion Flower Tea

From Home Spun Seasonal Living

Ingredients:

- 1 cup dandelion flowers
- 6 cups water
- 1 Tbsp. lemon juice, or to taste
- 1 Tbsp maple syrup, honey, or other sweetener if desired, to taste



Steps:

- Rinse the dandelion flowers under cold water to remove any bugs. Cut off the green part on the bottom of the flower, or pull out the yellow flower petals. (The green part is not poisonous, but is bitter).
- Boil 2 cups of water and pour over the flowers. Stir, cover, and steep for 20 minutes or so. Tea may be strained after this step and drank warm.
- For iced tea or cold tea, add the remaining 4 cups of cold water, lemon, and sweetener to taste.
- Refrigerate at least 3 hours or overnight. Tea may be kept in the fridge for up to 3 days.
- Feel free to add other flavors such as mint, chamomile, or wintergreen to be steeped with the flowers.

For more Information Contact a HCN
Registered Dietitian/ Nutritionist:

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