

NAMES IN MANY LANGUAGES:

Pu Gong Ying; Doodooshaaboogijibik; Pissenlit;
Common Dandelion; Dente Di Leone;
Kahonro'tótha Otsi:tsa; and many more.

SOME COMMON NAMES:

Little Suns; Lion's Tooth; Clock Flower; Piss-
in-bed; Priest's Crown, Swine's Snout; Puffball,
Bitterwort and many more.

FURTHER READING:

Geniusz, Mary Siisip, et al. *Plants Have So
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Grieve, M. *A Modern Herbal: The Medicinal,
Culinary, Cosmetic and Economic Properties,
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Scientific Uses*. London.: Tiger Books
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Amanda White, *Roots, Leaves, Stems and
Blooms*, 2020. *A Matter of Taste*, Koffler
Digital, Toronto, ON.

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Roots, Leaves, Stems & Blooms

Amanda White





Taraxacum officinale (thought to mean bitter herb + medicinal) was once native to Asia and Europe and now lives in temperate zones all over the world, everywhere from meadows to sidewalk cracks. A symbol of resilience, strength, beauty and survival, these humble plants have as many names as qualities.

Their roots and leaves provide medicine and food for countless animals, from rabbits to humans, their flowers are an important early spring forage for hungry pollinators, and their seeds are both a snack for birds and a game for children. From root to flower, all parts are edible and medicinal, and have been used over millennia for numerous ailments: to remove toxins from the blood, for kidney, liver and gallbladder health, as a digestive aid, a diuretic, and much more.



Blooms: A single bright golden yellow flower sits proudly upon each stem. They may seem bold, but they are sensitive, stretching out wide in the sun and closing in tight at night or when rain comes. When the flowering is done, the seeds emerge together as a sphere, each with a tuft of grey hair. Many people make wine from their flowers. This jelly recipe is based on my Great Grandmother's recipe for Dandelion Wine.

Dandelion Jelly

INGREDIENTS:

- 2 heaping cups of blooms
- 2 cups boiling water
- 4 cups sugar
- 1 pkg liquid pectin
- 1 tbsp lemon juice
- 1/2 pint jars, x5

PROCESS:

Collect and rinse flowers. Remove green parts and save petals only. Pour boiling water over flowers and let sit for 4hrs to overnight. Strain with cheesecloth. Bring infusion to a boil in a pot, add sugar and lemon and stir. Add liquid pectin and bring to a rolling boil for 5 min, stirring and skimming foam. Pour into sterilized jars leaving 1/4" headspace. Process in bath.

Blooms

Stems

Stems: Support and elevate. Growing straight up and right from the root, the stems are hollow, sometimes purplish, smooth, shiny, and when broken ooze a milky sap that is said to be good for skin issues.

Pickled Dandelion Stems

INGREDIENTS:

- 8oz dandelion stems and midribs
- 1 cup white vinegar
- 1 cup water
- 1 tbsp salt
- 3 tbsp sugar
- 6-8 bird eye or other chillies
- Allspice berries

PROCESS:

Fill jars with stems. Mix all other ingredients in a large container, stirring until salt and sugar dissolve. Pour over stems to cover, distribute chillies and allspice evenly.



Roots

Roots: Underlying Support. Community. The organ below the surface of the soil, the root of a plant is like a brain through which they can connect, communicate and form communities and networks with others. The long branched dandelion root is where medicine is concentrated and can stretch a foot or deeper into the ground.

Dandelion Root Coffee

INGREDIENTS:

- Dandelion roots, washed chopped and dried (via air, oven or dehydrator)

PROCESS:

Roast dried roots in the oven at 350-400 for 30-40 min; until brown but not burned. Boil roasted and crushed roots (with optional spices such as cardamom or cinnamon) for 10-15 min. Strain through a fine mesh strainer and it is ready to drink (serve as you would coffee).

Dandelion Root Pickles

INGREDIENTS:

- Generous handful of washed roots, chopped
- 3 cloves garlic
- 2 tsp powdered ginger root
- 1/2 part tamari
- 3 1/2 parts apple cider vinegar

PROCESS:

Place all ingredients together in a clean mason jar. Put on lid (use wax paper under rind to avoid rust) wait 3 weeks before using, keep in fridge.



Leaves

Leaves: The kitchen of a plant. The fierce looking long and jagged leaves gave them the name Lion's Tooth (from Dents de Lion in French). Its leaves form a rosette at the ground and cleverly funnel water straight to the root. Young leaves in early spring before flowers bloom are less bitter, but they are edible at all times and can also be dried to make tea.

Pickled Dandelion Greens (dill)

INGREDIENTS:

- 1 bunch greens
- 1 small red onion
- Fresh dill (to taste)
- Raw garlic (whole cloves)
- Brine:
 - 1 part white vinegar
 - 3 part water
 - 1 tbsp - 1/2 cup sugar (to taste)
 - 1 tbsp salt

PROCESS:

Chop greens and red onions, mix, place in jars with whole garlic cloves and dill. Mix brine, heat brine first if desired. Fill the jar within 1" of top with brine. Poke with utensil to remove air bubbles. Let marinate for at least one day, keep in fridge use within two weeks.

Pickled Dandelion (apple cider)

INGREDIENTS:

- Bunch greens or whole plant
- 2 cloves garlic thinly sliced
- 1 red onion thinly sliced
- 1-2 inches of ginger root
- Optional hot peppers or flakes
- Brine:
 - 1 part apple cider vinegar
 - 2 parts water, salted (6 tsp/cup)
 - 1 part tamari or low sodium soy

PROCESS:

Layer greens/plants (whole or chopped) onion, garlic, ginger in jar. Fill to cover with brine, leave 1/2" space at top. Refrigerate for two weeks before using for best flavor.

Dandelion Pesto

INGREDIENTS:

- 2 cups packed dandelion leaves
- 1 dozen large basil leaves (optional)
- 2 garlic cloves
- 1 cup lightly toasted nuts (pine/hazel)
- 1/2 cup olive oil
- 1/2 cup parmesan cheese
- Kosher or sea salt (to taste)

PROCESS:

Chop and blend all ingredients (except salt) in a food processor or blender. Stir in salt to taste.

