



*Taraxacum officinale*

**Family:** *Compositae* - daisy, echinacea, marigold

**Parts Used:** root and leaf (blossoms are edible)

\*root has the strongest medicinal properties

For most people dandelions are simply a noxious weed that they work hard to eradicate each spring. For me it is another healing herb the Lord has blessed us with.

**Energetics:** cooling, drying, bitter

**Systems Affected:** digestive, liver, skin

**Properties:**

Aperient, antibacterial, antioxidant, anti-inflammatory, astringent, diuretic, cholagogue,

hepatic, laxative, lithotriptic, blood tonic.

**Uses:**

- #1 digestive aid, appetite, gas, bloating, heartburn, stomachache, diarrhea, constipation, etc. (tincture, capsules, or tea before meals).
- Bitter tonic good for liver, kidneys, spleen, and pancreas.
- Blood purifier and blood building, good for anemia. (Root has strongest action).
- Liver stimulant and decongestant.
- Bladder and kidney problems.
- Breaks down cholesterol and fat.
- Gall and kidney stone prevention and aid (root).
- Bladder infection - won't kill bacteria but helps wash microbes out a urinary tract.
- Use for high blood pressure and heart disease.
- Regulates blood sugar levels, helpful for diabetics.
- Increase milk supply in nursing mothers.
- Bloating and discomfort of PMS.
- Liver conditions such as jaundice and hepatitis.
- Chronic skin problems (by cleansing the liver and kidneys).
- Promotes strong bone and joint health.
- Wounds and lacerations, prevents and fights infection.
- Joint and muscle pain and inflammation.
- Eye support.
- Brain function.
- High in trace minerals, iron, calcium, potassium, and other nutrients including electrolytes
- Milk from the dandelion will dissolve warts (apply 2-3 times a day for 2-3 months).
- Milk can also fade aging spots (liver spots).

**Methods of Use:**

- Food: use leaves and blossoms in cooking, roots can be roasted and brewed.
- Tea (decoction of roots or infusion of flowers and leaves).
- Powder, Sprinkle, Capsules
- Tincture, Liniment
- Vinegar
- Honey, Syrup
- Poultice, Fomentation
- Herbal Oil
- Salve, Ointment, Balm
- Bath, Steam
- Dandy Blend (commercial blend mixed with chicory with no bitter aftertaste, coffee flavor)
- Milk, pop of blossoms tops and use for warts and liver spots.

## Wildcrafting/Harvesting:

Don't spray the lawn with weed killer and there is your fresh supply, ready to go.

- Leaves are the best in early spring when they are young, but they can be harvested anytime.
- Pick flowers as they bloom.
- Roots are harvested in mid-summer for the highest medicinal properties, just dig them up, wash them, chop and dehydrate. For better flavor roast them after drying. Many use roasted root as a coffee substitute.

## Caution:

Some people are allergic to dandelion so patch test before using.

# ROASTED DANDELION ROOT

Chop root into equal portions and spread evenly on a cookie sheet. Bake for 30-40 minutes at 350. Let cool, then grind in a coffee grinder or blender.

**Dandelion Mocha** (Coffee Substitute or Yummy Beverage)

3 tablespoons roasted dandelion root (can also use chicory root or half and half)

1 tablespoon cocoa nibs

½ cup milk

1 tablespoon maple syrup or honey

½ teaspoon cinnamon powder

½ teaspoon vanilla extract

Dash of nutmeg or clove powder

Add dandelion and cocoa to 3 cups water and simmer for 30 minutes. Strain, add remaining ingredients to the tea, stir well and enjoy!

This recipe comes from Rosemary Gladstar's Medicinal Herbs book