

Plant Profile

Dandelion



Taraxacum officinale

Dandelion is a perennial in the Aster family. This plant was brought to America by the early settlers. It was used as a food source but also as a medicine.

Dandelion has smooth leaves with jagged edges that come from the base of the plant. The leaves are between 3 to 12 inches long and 1/2 to 2 1/2 inches wide. The stem is 2 - 18 inches tall. A single yellow flower head is on top of a hollow purplish colored tube. The flower is sensitive to the sun and weather. It opens at dawn and closes at dusk or during a heavy rain. The stem is full of a white, milky liquid. The liquid is a natural latex that dissolves warts when applied topically. If you have a latex allergy you should probably do a skin patch test first to check for sensitivity.

Harvesting: Spring is the best time to forage for the leaves and the heads. They will be a little less bitter. The roots are more stimulating in the Spring and nourishing in the Fall. Harvesting from a large open field is usually best.

You can also find leaves at your local market.

Location - Habitat

Dandelion is found everywhere. It will grow in any type of soil, healthy or polluted. Be sure when harvesting you get it from a chemical free area.

You will find it in fields, city sidewalks, vacant city lots, your own lawn.

Uses

1. helps with digestion
2. a blood purifier
3. lessen gastrointestinal issues
4. kidney support
5. laxative
6. pre-biotic
7. topical wart treatment
8. a safe diuretic
9. safe for pets

Medicinal Properties, Parts of Plant and Forms Used

diuretic, nutritive, digestive stimulant

Parts of plant used: flowers, leaves, roots and sap/stem

Forms used: tea, tincture and infusion, whole food