

INFUSE



dandelion

part 1— connect & identify

Gathering
GROUND

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Welcome to Dandelion month!

This week we'll start off slowly and simply.

First we'll practice a meditation to connect with
the spirit of Dandelion.

Then we'll look at how to identify this common
plant and differentiate them from look alikes.

Take it easy,

A handwritten signature in black ink, appearing to read 'Liz', written in a cursive style.



meditation

Root in the Earth, Shine like the Sun

In the following meditation we will connect with the energy of Dandelion by embodying this humble warrior of a plant.

Click the image below to begin...



identification

Dandelion (*Taraxacum officinale*)

- a humble perennial herb with a basal rosette of toothed leaves
- teeth generally point toward the center of the plant
- yellow composite flowerhead growing on a single stem with milky sap inside
- taproot is fleshy, whitish tan, tenacious



identification

Dandelion (*Taraxacum officinale*)
flowerhead yields to a fluffy ball of a seedhead



make a wish!

Here are some common plants you might mistake as Dandelion...

Chicory (*Cichorium intybus*)

Before chicory sends up rigid flower stalks graced in gorgeous blue blooms, the basal rosette of leaves might be mistaken for Dandelion.

Here's how you can tell the difference:

Chicory



Mostly parallel teeth



Erect hairs under mid-rib

Dandelion



Teeth point downward



If hairs, lie flat under mid-rib

Fortunately, even if you make a mistake, you'll be consuming a nutrient-dense green with very similar properties to Dandelion.



look alike

Cat's Ear (*Hypochaeris radicata*)



Features multiple yellow flowers per stem versus Dandelion which only features one per stem

Stems are rigid and solid, not hollow like Dandelion's



Leaves are fuzzy and have lobed margins, versus pointed of Dandelion

Thankfully, this one is also edible, so even if you make a mistake, no harm done!

look alike

Sow Thistle (*Sonchus* species)

There are at least three very common Sow Thistle species in North America, and they are all edible and medicinal.



Flowerheads grow in clusters at the top of the stem, rather than singularly a la Dandelion

Leaves aren't isolated to the base – they also grow up the stem



Some species are quite prickly (*S. asper*)

look alike

Hawkweed (*Hieracium* species)

A medicinal herb with many species common throughout North America, it's likely Yellow Hawkweed would be the most likely to be mistaken for Dandelion



Flowerheads grow in clusters at the top of the stem, rather than singularly a la Dandelion

Leaves are very hairy



Stems are rigid and hairy, too

look alike

Carolina False Dandelion (*Pyrrhopappus* species)

Another edible lookalike, this native plant grows mainly in the south eastern and central part of North America



Pale yellow flowerheads
feature dark-colored
anthers

Basal rosette of leaves are
either vaguely toothed
and covered in hairs or
have deep lobes with
narrow teeth



Upper leaves clasp
the stem

look alike

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[Pohjantuuli](#)

dandelion

part 2 – root down

Gathering
GROUND

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Welcome to Dandelion Part 2!

All parts of Dandelion have medicine from the roots to the blooms.

This week we'll get grounded in the roots of this potent yet gentle healer.

We'll also go deeper into the connection between Dandelion, solar deities, and prophecy.

Learn how to harvest and make delicious roasted root tea to enjoy as a nourishing caffeine-free coffee substitute.

To your health,

A handwritten signature in black ink, appearing to be the initials 'LJ' in a cursive, flowing script.



resilience

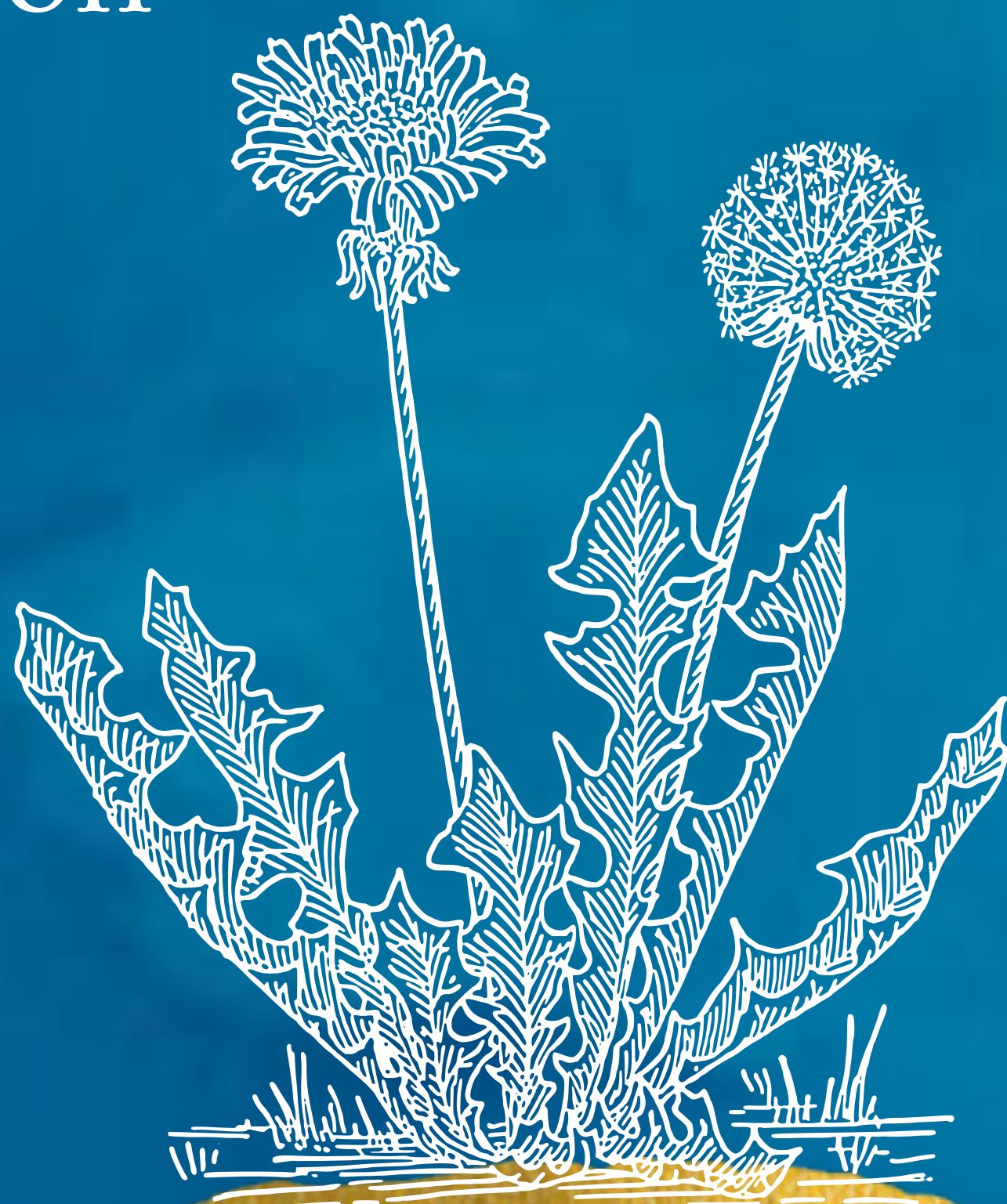
TENACITY

resolve

fortitude

NOURISHMENT

purification



INTUITION

humility

dandelion roots

humble warrior

Dandelion is a potent example of how to be a humble warrior in the world.

They are a reflection of grounded optimism, to be rooted in the Earth and shining toward the Sky.

Connected to the soil with great tenacity, Dandelion provides deeply nourishing healing in its whole being, to the whole being.

Dandelion reminds us that small is beautiful and powerful.



What do roots do for the plant?

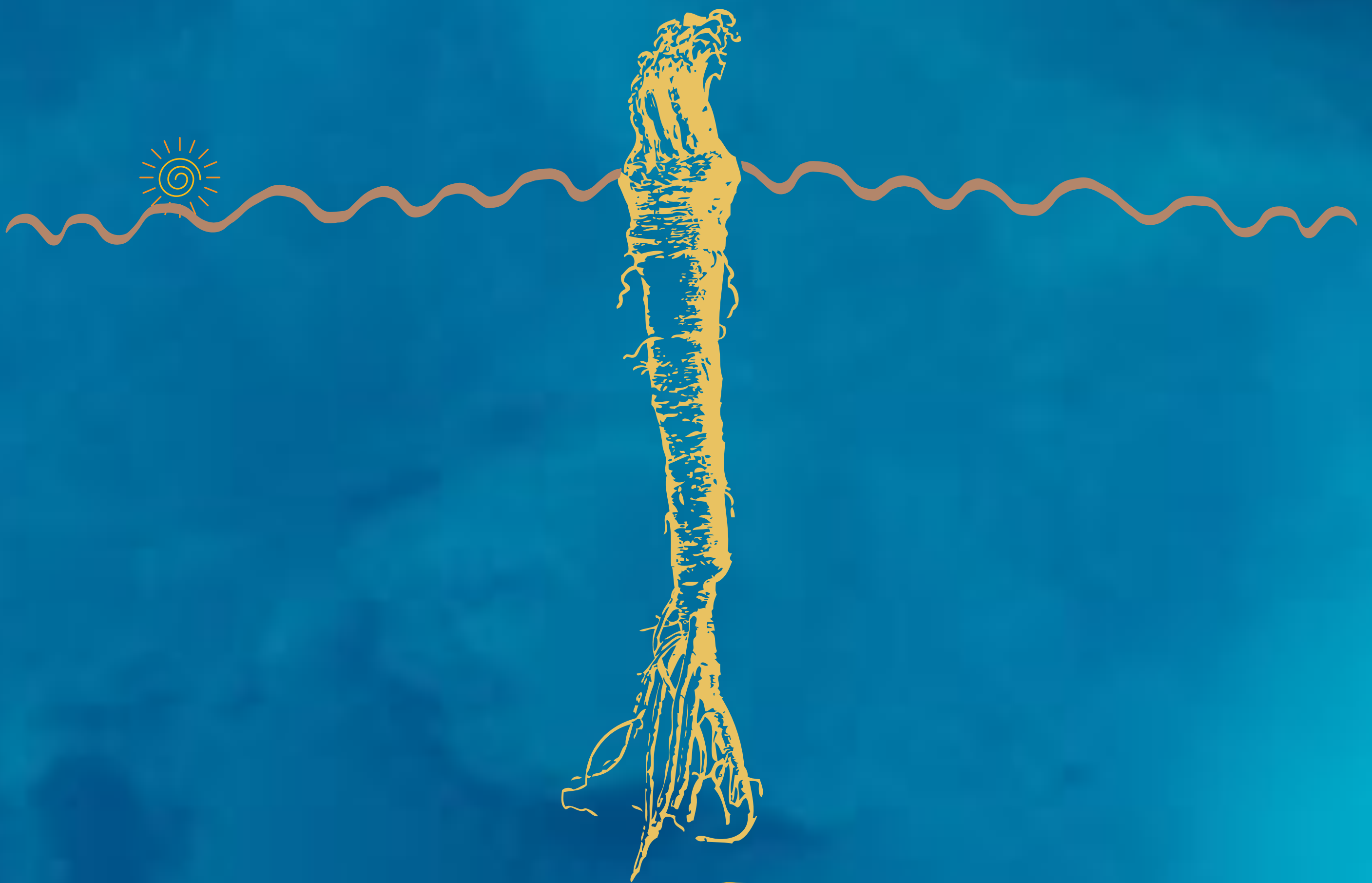
 anchor and hold in place

 bring up nutrients from the soil

 absorb water

 store nutrients

transfer nutrients to the rest of the plant



roots

roots

What do Dandelion roots do for us?

Nourish

promotes assimilation of nutrients and is full of vitamins, minerals, and fiber

Balance

feeds healthy gut bacteria, helps the liver regulate hormones

Ground

soothes the nervous system via the enteric brain

Detoxify

aids elimination, stimulates the lymph, helps move fluids through the body



roots

Nutrients

vitamins A, B complex, C, calcium, iron, magnesium, manganese, phosphorus, potassium, protein, selenium, silicon, sodium, zinc

Constituents

bitter glycosides, triterpenoids, tannins, volatile oils, inulin, fiber



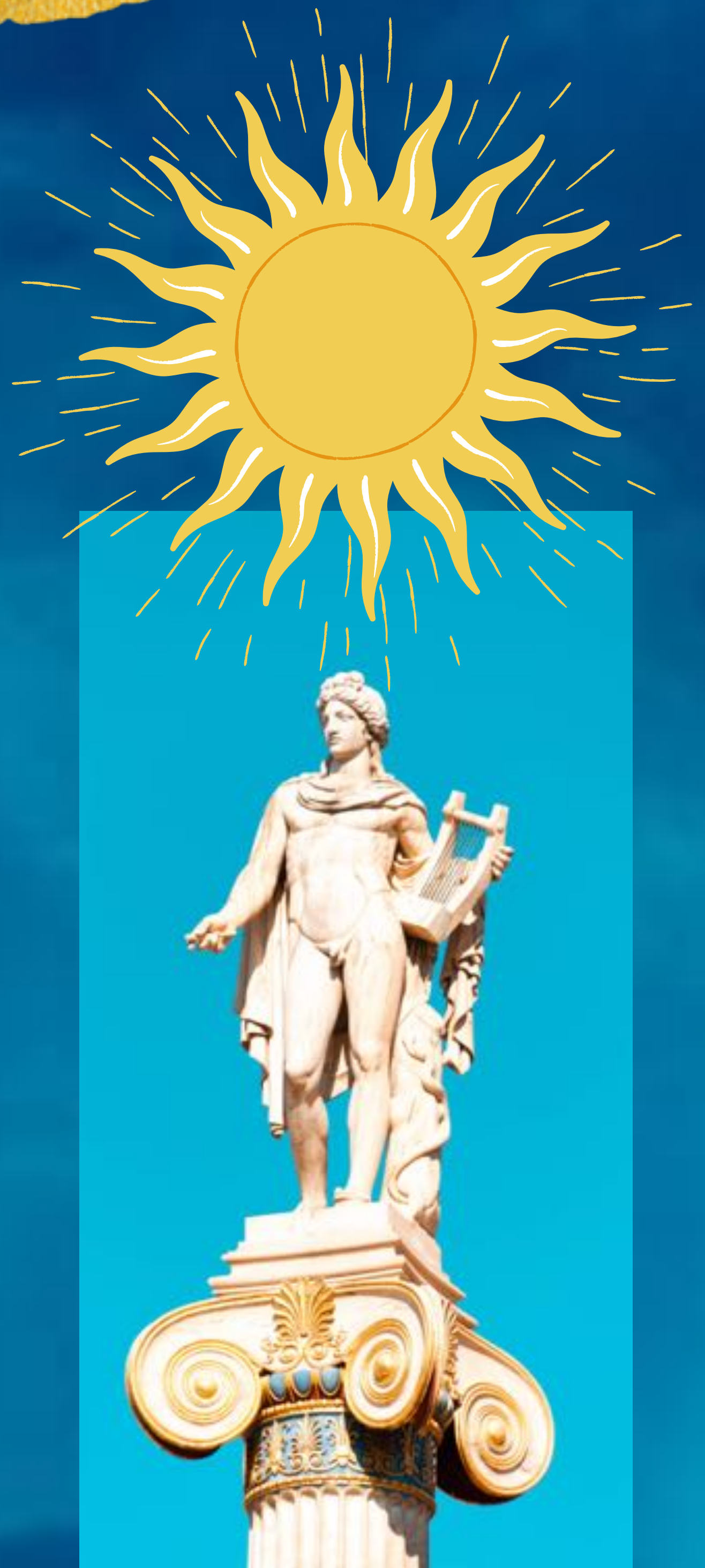
Apollo

The Greco-Roman Sun God
Apollo is associated with the
sunny Dandelion.

When you look at their shared
traits, it's easy to see why.

Apollo, god of
sun & light,
music & poetry,
healing & prophecy,
order & beauty,
archery & agriculture.

He embodies harmony, reason,
and moderation.





From the Dark Goddess Tarot
by Ellen Lorenzi-Prince

Hecate, goddess of the crossroads, lighter of the way through the Underworld, is also linked with Dandelion.

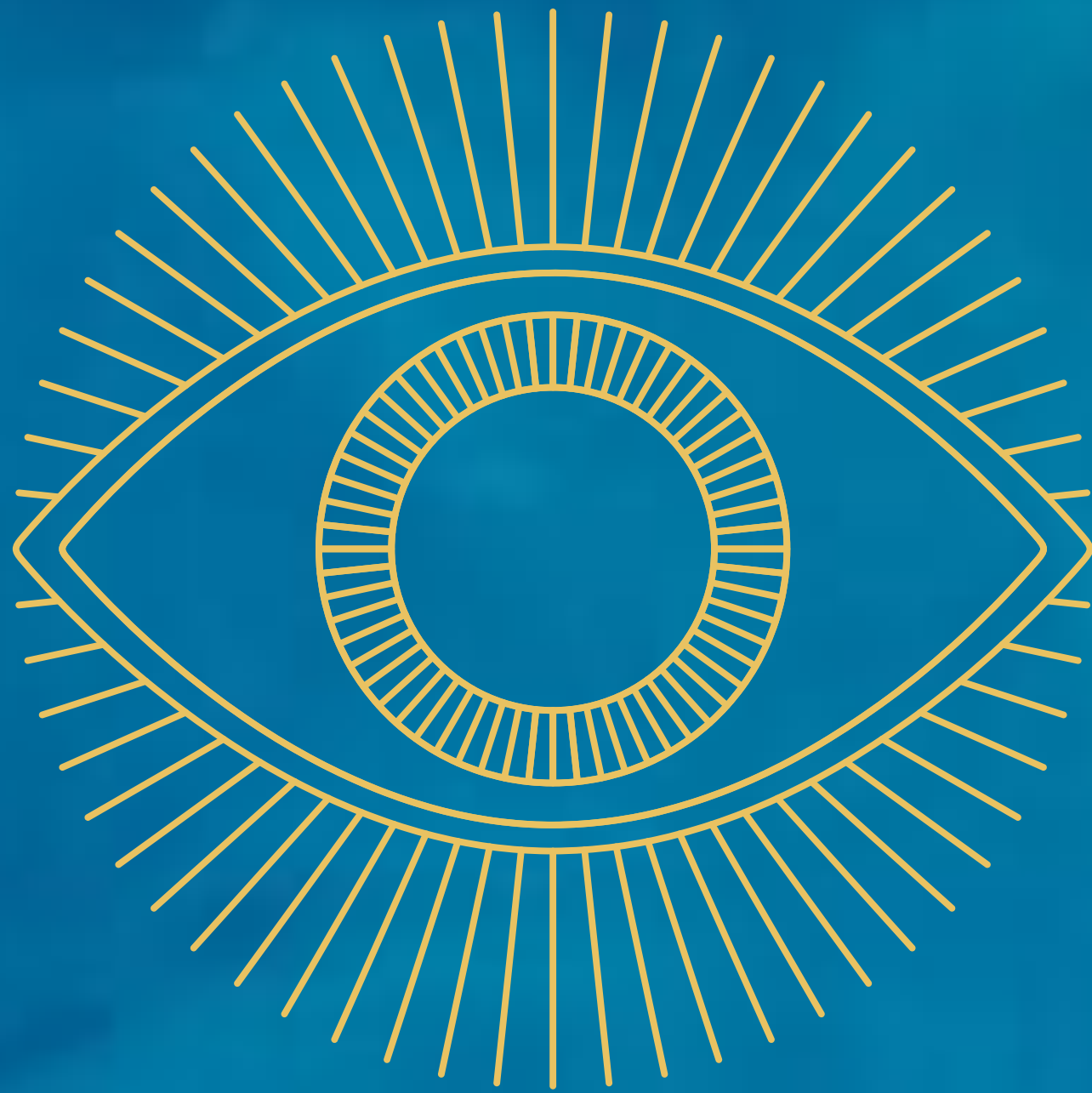
She is also an oracular deity, like Apollo. Hecate rules intuition, dreaming, and clear vision.



Hecate

divination

In addition to the flowers being used to divine things (we'll talk about that in a later lesson), Dandelion roots drunk as a tea are said to aid in prophetic dreaming and divination.



eye of the sun

Invoke your inner sun, the part of you that sheds light on what you desire and what is to come. We all have this intuitive part of us to tap into.

Dandelion can help us with our "gut" feelings by nourishing and balancing our gut flora. Dandelion is restorative to the nervous system and brings both physical and energetic balance to the solar plexus region, which can help you face what is to come, whether it be a challenge or an opportunity to shine.

Practice the following meditation while calling on Dandelion to enhance your inner sun's vision.





What did your inner sun tell you?

How can you shine your light?

What visions can you nurture?

journal

offerings

What will you offer Dandelion?

Before we wildcraft, let's give thanks.

Some suggestions:

Honey

Fragrant herbs

Tobacco

A nature mandala

A song

Some of your hair



wildcraft

Harvesting & Processing Dandelion Root & Leaves

It's pretty easy to harvest the entire plant of Dandelion in one go. If you want to get the leaves and roots when they are sweetest, collect them in spring. In fall they are good, too, but there's just something about the flavor of spring!

If you want extra bitter, harvest in summer.

Click the image below to watch a video about wildcrafting Dandelion roots & yard squid!
(That's the leaves attached to the crown.)

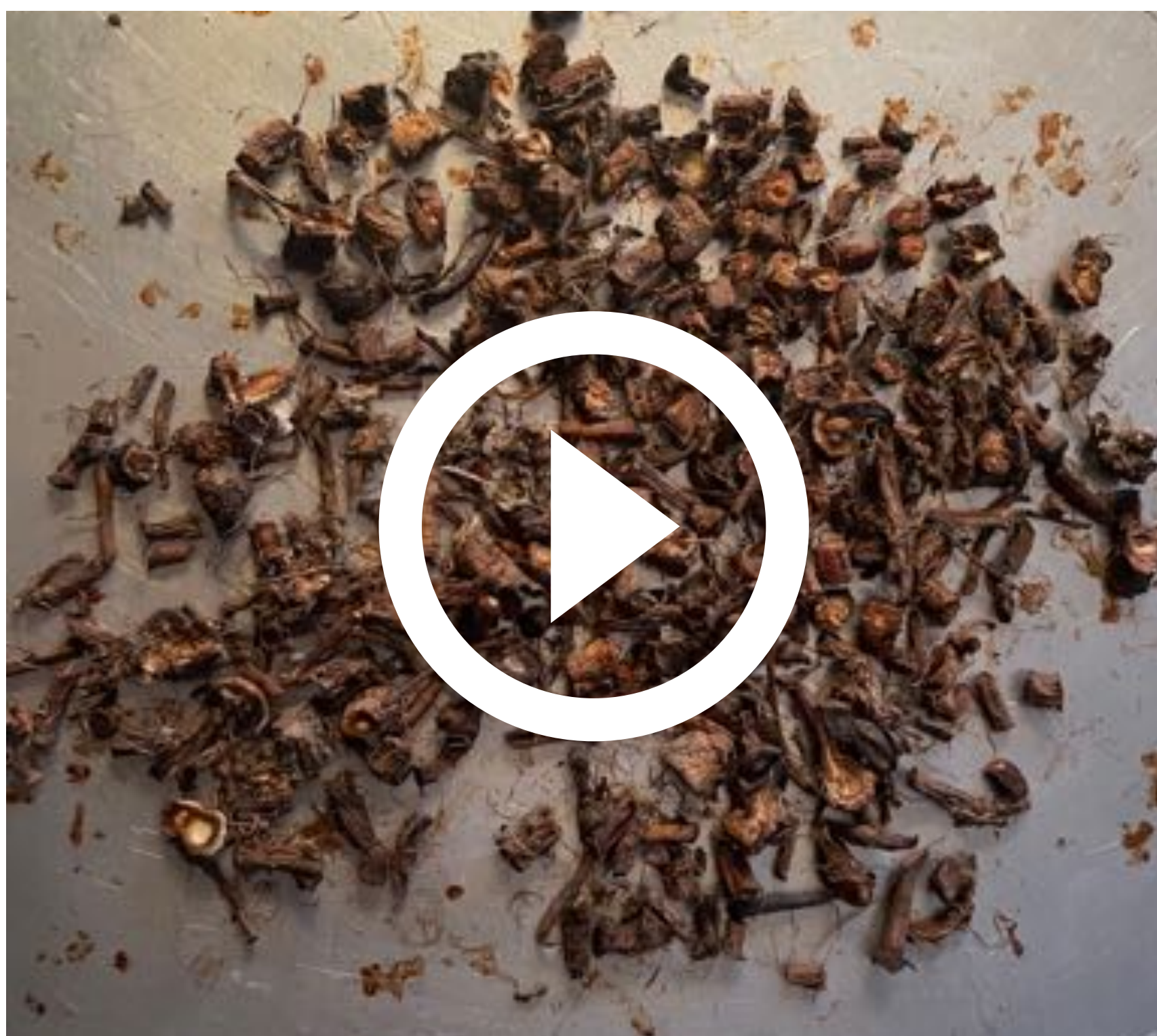


recipe

Making Dandelion Root Tea

You may have heard that roasted Dandelion root makes a good coffee substitute. IMHO, it does! Sweet, earthy, and just a touch bitter, roasted Dandelion root tea is a nourishing, energizing, and detoxifying treat that's caffeine free. It's a mild diuretic and does contain inulin, a fiber that may upset the stomach so don't overdo it!

Click on the roasted roots below to learn how to make roasted Dandelion root tea.



altar

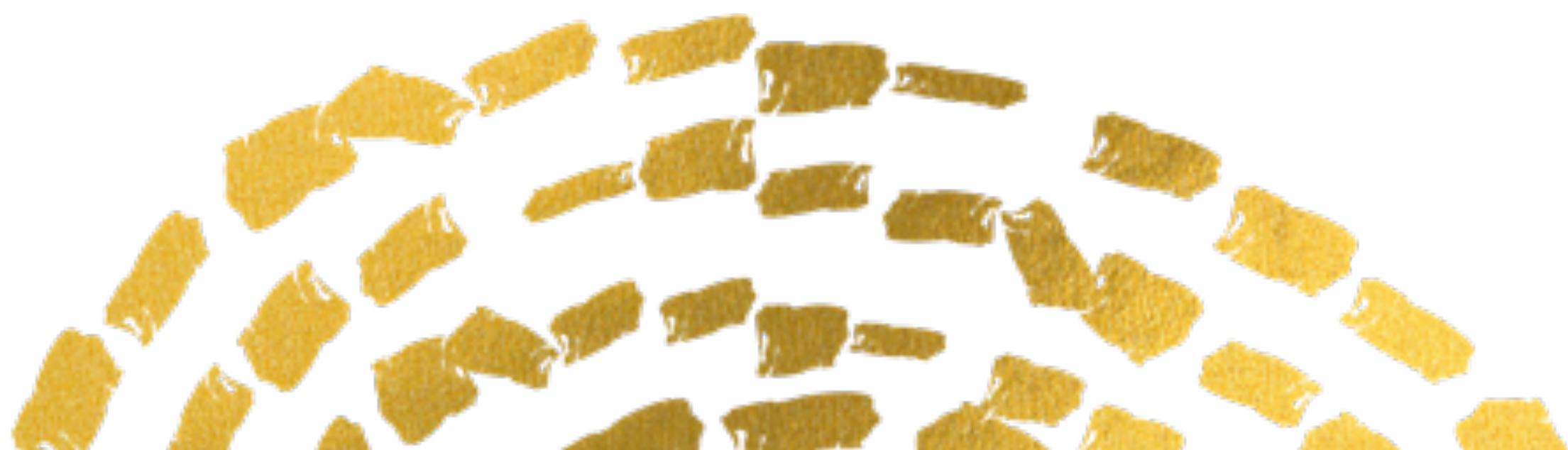
Honoring Dandelion

If you haven't already added or changed your altar to honor Dandelion, you can do so now.



Suggestions:

- ☀️ yellow or green stones or crystals
- ☀️ Dandelion seeds or roots
- ☀️ images or figurines of deities or animals linked to Dandelion



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dandelion

part 3 – leaves

Gathering
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Welcome to Dandelion Part 3!

This week we're keeping it super simple by focusing on the leaves. You'll learn how to distinguish Dandelion from Chicory when they both emerge in the spring.

Plus we'll make Dandy green pesto and Dandelion infused vinegar.

To your health!

A handwritten signature in black ink, appearing to read 'Liz', with a stylized, cursive font.





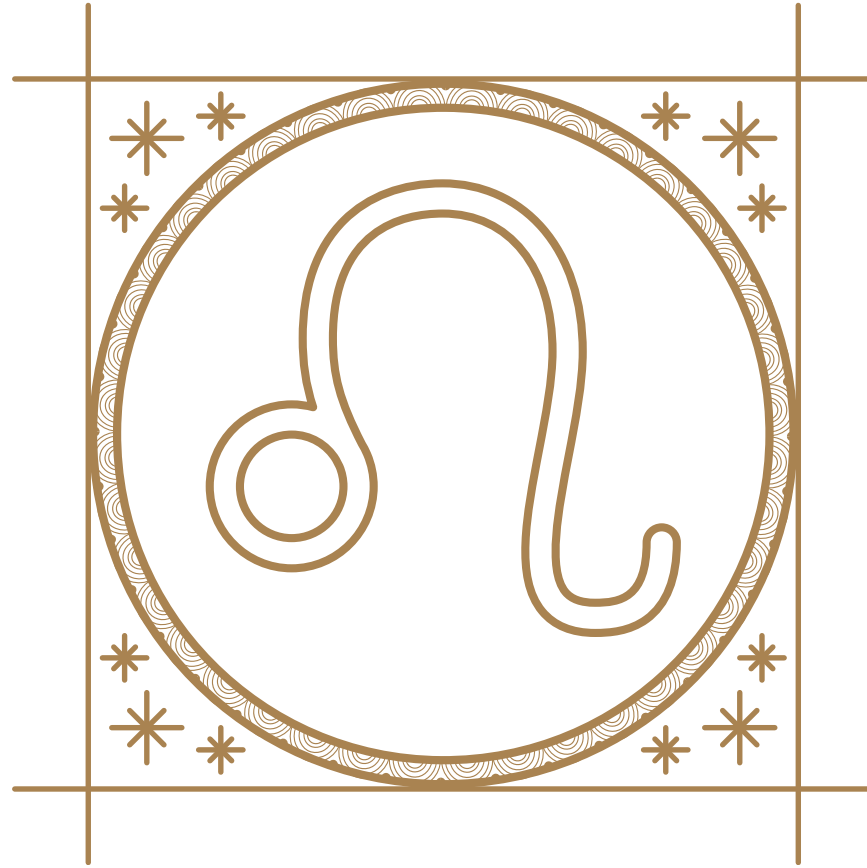
"Dandelion" comes originally from Latin *Dens Leonis* and Greek *Leotodum* which became the French *dent-de-lion*, all meaning "lion's tooth"

It is also called *pis en lit*, in other words, "wet the bed," because of its diuretic effects

The genus name *Taraxacum* is thought to be derived from an Arabic word for "bitter herb," *tarakhshaqūn*

etymology

Leo



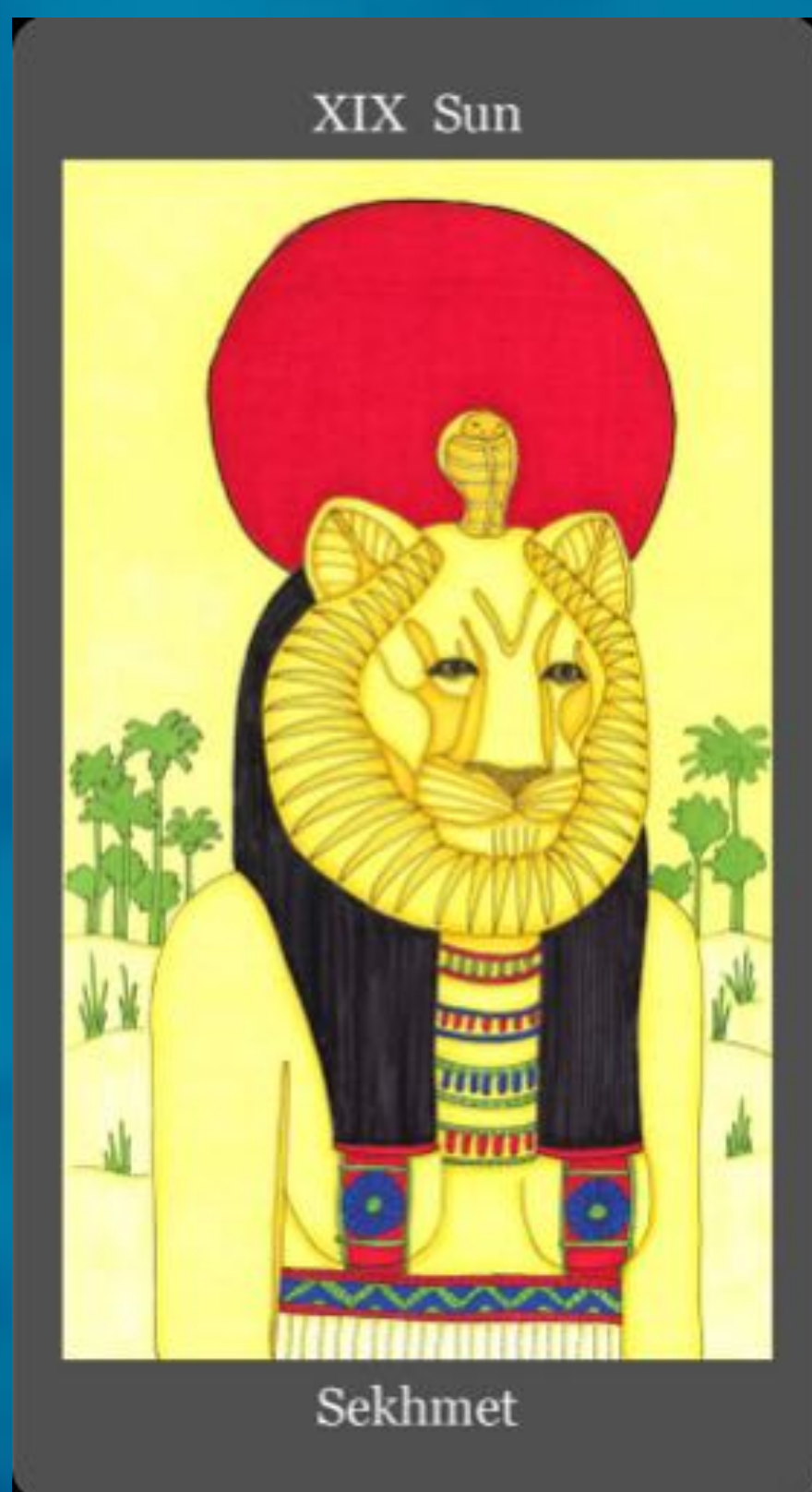
Dandelion embodies the energy of Leo,
the lion of Western Astrology.

Leo's are said to be loyal, generous,
passionate, confident, courageous, fierce,
sovereign, and strong-willed, with a
shining personality.



Dandelion's have been used medicinally for millennia, and it is known they were utilized in Ancient Egypt for their healing properties.

Sekhmet, Ancient Egyptian lioness goddess of healing, power, destruction, chaos, and daughter of sun god Ra is representative of the power of the Dandelion. Like Sekhmet, Dandelion stimulates transformation, in a sense devouring, digesting, and eliminating disorder and disease.



from the Dark Goddess Tarot
by Ellen Lorenzi-Prince

Sekhmet

teeth of the lion

Dandelion leaves have teeth like a lion. And yet, their bite is a healing one. Dandelion leaves...

Nourish

rich in minerals and vitamins, including vitamins: A, B complex, C; and minerals: calcium, magnesium, potassium, iron, phosphorus

also improve assimilation through bitter digestive properties

Release

support elimination and detoxification through the liver, gallbladder, and kidneys

Heal

process toxins, hormones, and other chemicals to heal skin, rheumatic conditions, and reproductive imbalances; boost immune system; antiviral effects in HIV-I



leaves

Select Constituents

sesquiterpene lactones (bitters), flavonoids (caffeic acid, chlorogenic acid, luteolin), triterpenoid saponins

Actions

alterative, analgesic, anti-inflammatory, antioxidant, anti-rheumatic, anti-tumor, anti-viral (HIV and influenza), choleric/cholagogue, digestive, diuretic, hepatoprotective, hypoglycemic, immunomodulator, lymphatic



identification

In the spring, Dandelion leaves emerge before the flowers in a basal rosette. The thing is, so many other plants emerge this way!

In this video we'll take a little tour of Dandelion leaves and differentiate them from similar looking Chicory.

Just click through the image below to check it out.



vinegar

Vinegar is a great medium for Dandelion preparations because it is so good at extracting minerals.

This simple preparation is an easy way to create your own mineral supplement to your diet. Add the vinegar to salad dressings, smoothies, soups, and other beverages (like the switchel recipe on the following page).

Click through the Dandelion blossom to watch



switchel

Dandelion is not a traditional ingredient of this vinegar-based beverage, but it makes sense to add it for its restorative benefits!

Dandelion-Ginger Switchel

(Adapted from Emily Han via the Kitchn)

2 tablespoons Dandelion-infused vinegar

1 teaspoon fresh grated Ginger

1 tablespoon Honey or Maple syrup

1 cup Water

Add all ingredients to a jar, shake, and refrigerate for a couple of hours. Shake or stir well before drinking. Add a splash of seltzer if desired.



pesto

Food is medicine!

This delicious and nutrient dense Dandelion Green pesto is super versatile. You can adapt this recipe easily to your preferred tastes. The key ingredient here, of course, is Dandelion. Packed with vitamins and minerals, this pesto makes an energizing side dish, snack, or sauce.

Click through the image below to see the recipe.



references

Han, Emily. Drink Recipe: Ginger Switchel. The Kitchn.
Accessed April 12, 2021. Available at:
<https://www.thekitchn.com/recipe-ginger-switchel-154517>

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dandelion

part 4 – bloom

Gathering
GROUND

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Welcome to Dandelion Part 4!

It's time to take advantage of a very small window in time to collect Dandelion Blossoms!

The blooms are my favorite part of the plant and the first and most abundant flush is in the spring.

You might see a bloom here and there through summer and another small flush in fall, but this is the best time to collect a whole lot of them.

This week we'll harvest, tell time with (!), and make a bunch of delicious and cool things with Dandelion blossoms.

Let's get to it!

A handwritten signature in black ink, appearing to read 'Liz', with a large, stylized 'L' and a cursive 'y'.



Whispered Wishes
Carried swiftly by Wind
Watered gently by Rain
Rooted firmly in Earth
Shined upon by Sun
To birth another clutch
Of wishes

Waiting

To be

Free again

It's likely you've made a wish on a Dandelion seedhead before, but did you know that folks also blow the seedheads to tell time? Another name for Dandelion is even *clocks*. They may not be the most accurate timepieces, but the unmistakable link between Dandelion and the sun may have inspired this tradition.



clocks

dandelion

Dandelion by Rolling Stones

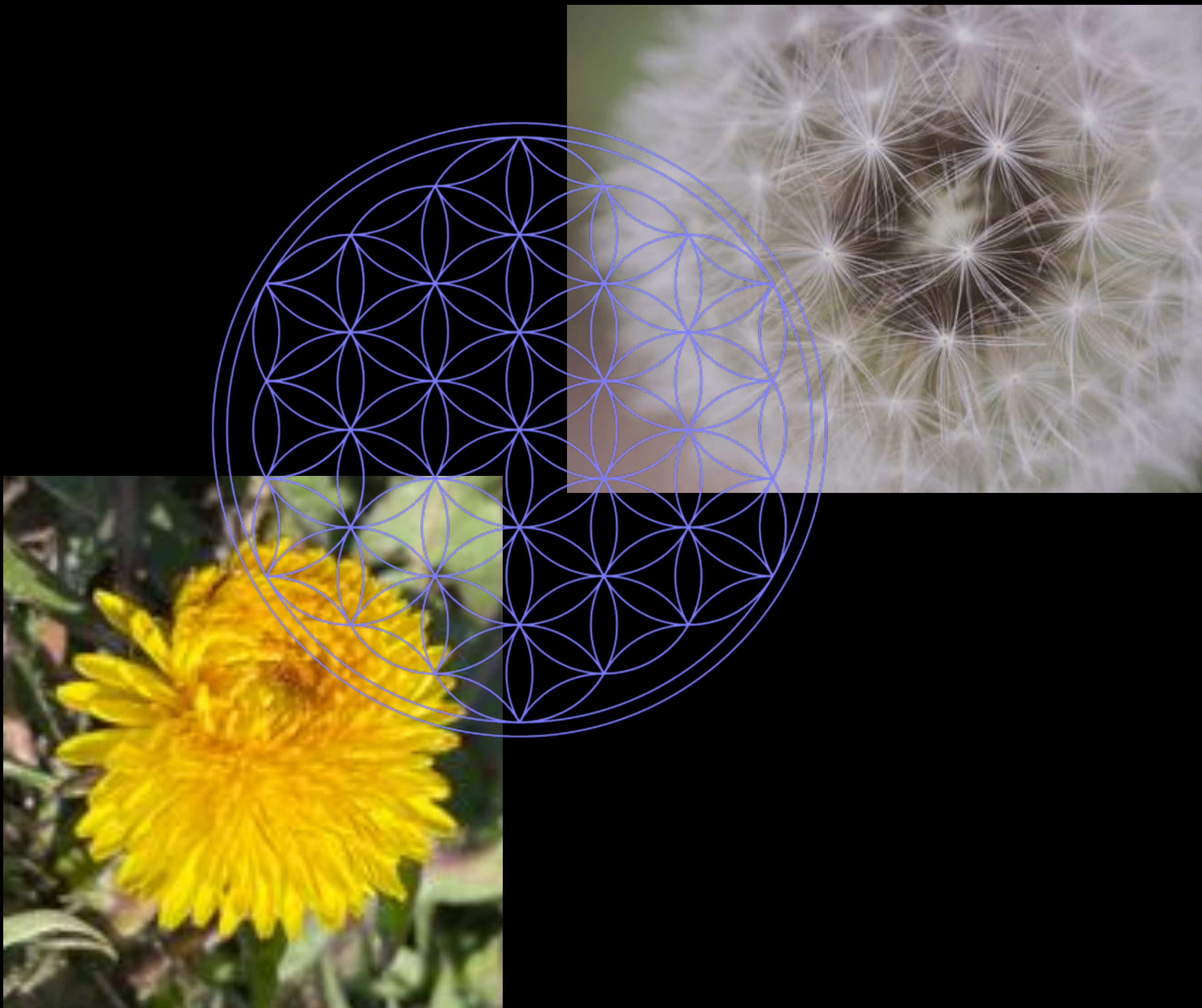
*Prince or pauper, beggar man or thing
Play the game with ev'ry flower you bring
Dandelion don't tell no lies
Dandelion will make you wise
Tell me if she laughs or cries
Blow away dandelion*

*One o'clock, two o'clock, three o'clock, four o'clock chimes
Dandelions don't care about the time
Dandelion don't tell no lies
Dandelion will make you wise
Tell me if she laughs or cries
Blow away dandelion, blow away dandelion*

Click the image for the full song...



The sacred geometry of Dandelion is evident in the way the flowerheads spiral open. The pattern formed by the pappuses of the seed head align with the Flower of Life, a geometrical pattern symbolizing the creation and connection of all life.



flower of life

longevity

Antioxidant

Dandelion blooms are rich in polyphenols, plant compounds that prevent oxidative stress, helping to prevent or slow damage to cells and tissues in the body. It's said that the polyphenol content of the blooms is 115 times that of the roots!

Anti-inflammatory

Internally and externally, Dandelion blossoms help ease pain and inflammation. The oil used topically is great for relieving achy joints, abdominal discomfort, and mastitis.

Anti-angiogenic

The whole plant, including the blooms, have been shown to reduce the proliferation of certain cancer cells.



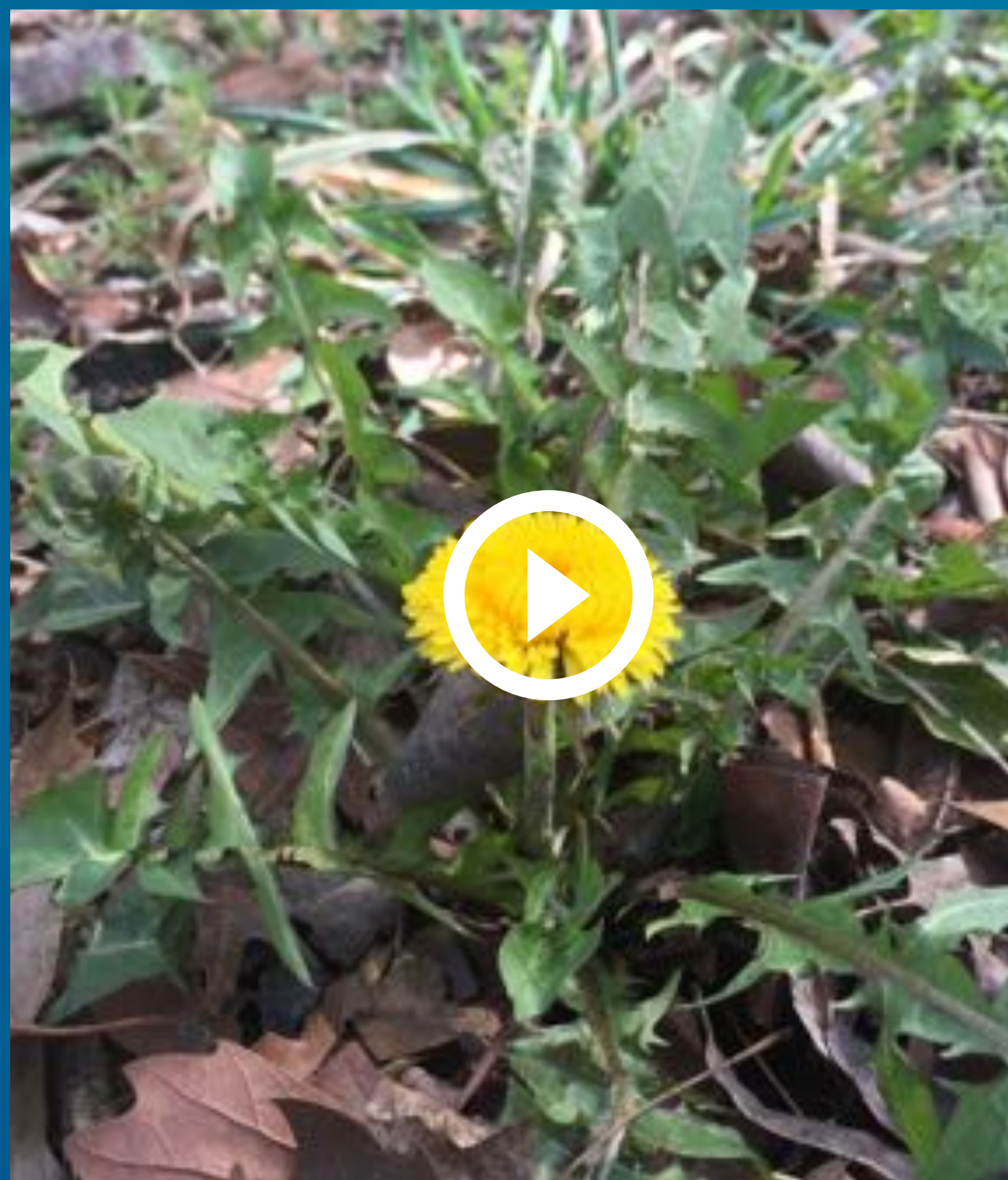
wildcraft

At some point in your life it's likely you've harvested Dandelions without thinking much of it. As a child maybe you added some to a bouquet or made a wish on them. As an adult, maybe you weeded them!

Wildcrafting them doesn't take much, just reach down for the bloom and pop it off!

Nonetheless, I'm sharing this little forage in the fields to show you my particular style of collecting these golden treasures.

Click on through the image below to explore with me...



dumbledore



Darius Cotoi

Another name for Dandelions is *Dumbledore* (yes, like the Harry Potter Wizard), purportedly originating in Cornwall. Dumbledore is also a nickname for the bumblebee, a poetic tribute to the bumbling behavior of these little pollinators.





Celtic Sun God Belenos (Belenus, Belinus, and maybe also Beli Mawr) is associated with the Dandelion.

His name means *brilliant* or *bright*. He is also sometimes seen as a parallel to Greco-Roman Apollo.

Belenos is also linked with the cross quarter holiday Beltane (May 1) – a time to celebrate the fertility of the land, tap into the creative potential of life, and to mark the mid-point between spring and summer.

Belenos

fritters

Time to turn those sunny blooms into deliciousness!

For this recipe I used a tempura batter to fry up the blooms – you can also fry up the yard squids that way, too. If you are vegan, try a beer batter, and if you don't want to use beer you can sub it out for seltzer.

Some folks like to remove the green calyx, separate the petals, and make more of a pancake. Not me! I encourage you to try it both ways to see what you prefer.

Click on through to see how I made them...



wine, part 1

Yes, you can make wine from Dandelion!
This recipe comes from my friend and
foraging fairy godmother, Leda Meredith.

Dandelion Wine

Makes approximately 3 1/2 bottles of wine



2 quarts dandelion flowers, measured before trimming off most of
the green calyx and all of the stems (you should have about 1 quart

once you are done trimming)

3/4 pound chopped golden raisins

1 1/2 pounds honey

3 lemons, juice and zest (not the bitter white inner peel)

3 oranges, juice and zest (ditto)

1 teaspoon yeast nutrient or 2 tablespoons cornmeal

4 quarts filtered water

1 packet wine yeast

1. Snip off the green calyxes of the flowers. It's okay if a little of
the green goes in. Put the trimmed petals in a non-reactive
vessel (no aluminum or iron). Bring the water to a boil and
pour over the flower petals. After 2 hours, strain and reserve
liquid, press and discard petals.

wine, part 2

2. Bring the strained liquid to a boil. Stir in citrus juice and honey, stirring to dissolve the honey. Add the lemon and orange zest and the chopped raisins. Remove from the heat and set aside to cool. When room temperature, stir in yeast nutrient or cornmeal and wine yeast. Cover and leave at room temperature.

Stir 3 times daily for 10 to 14 days.

3. Strain into a sanitized 1-gallon jug and seal with either an airlock or a balloon with a single pinprick in it to allow gasses to escape but keep detrimental bacteria out. After 3 weeks, siphon or carefully pour the liquid into another sanitized jug. If there are more than 2 inches between the top of the wine and the neck of the bottle, top off with a syrup of equal parts honey and water.

4. When wine is clear rather than cloudy, wait 30 days then siphon or carefully pour it into another jug, top if necessary, and refit airlock or balloon. Repeat this procedure every 3 months for 9 months until almost no sediment is forming on the bottom of the jug any more.

5. Pour through a funnel into bottles, and cork (Use a handcorker to prevent premature cork-popping). Age for another year before drinking. Patience. This is bottled sunshine. Serve chilled and toast the return of spring.



infused oil

This is one of my favorite massage oils.

It may be surprising to know that Dandelion blossoms have pain-relieving abilities. Perhaps less surprising is that there is a particular affinity with the solar plexus, aiding in restoring balance to the solar energy center and relieving abdominal distress. The oil is also useful for relieving joint pain and helping to break down cysts and blockages.

Click on through the image below to learn how to make this oil. It's super simple way to capture the energy of the Dandelion and the Sun.



dye

Dandelion Blossoms make a sweet yellow-colored dye for natural fibers such as silk, wool, and cotton.

Before the mid 1800s, the only way to dye textiles was with plants or other earthly materials.

In this video I'll show you how I dye cotton bandanas with the blooms. I pre-mordant the fabric with alum – you could also add a bit of alum to the dye bath to help brighten and fix the color. You could also tie dye or wax resist (batik) before adding your fabric to the dye pot. There's room for variation with natural dyeing, which is what makes it so much fun!

Follow the link below to see how I did it.



disclaimer

The statements herein have not been evaluated by the Food and Drug Administration. The recipes and information in this course are not intended to diagnose, treat, cure or prevent any disease.

This course is also not meant to replace medical care. If you are in need of medical assistance, please reach out to a qualified healthcare practitioner.

references

Fatima, T; Bashir, O; Naseer, B, et al. Dandelion: Phytochemistry and clinical potential. JMPS 2018; 6(2): 198-202. Accessed April 12, 2021. Available at: <https://www.plantsjournal.com/archives/2018/vol6issue2/PartC/6-2-42-182.pdf>

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