



Dandelion

Taraxacum officinale

JW Farms 7



More Calcium than Kale!
1 Cup chopped has 103 Mg Calcium

Rich in Iron
Low in Calories
Loaded with Antioxidants
Detoxifier
Lots of Minerals & Protein

Dandelion is a top plant in any survival situation. They are among the most nutritious greens that one can eat. Some raw foodists claim one could survive only eating dandelions if needed.

Considered a Multi-Vitamin

Besides vitamin A as beta-carotene (186% RDA) and vitamin C (21% RDA), each cup of chopped dandelion greens also provide vitamins B1 (9% RDA), B2 (11% RDA) and B6 (11% RDA), vitamin E (13% RDA), and are especially abundant in vitamin K (357% RDA).



Known for
LIVER & Gall Bladder Cleaners

Dandelions are very rich in vitamin A and C, calcium and iron. With only 55g of dandelions one meets 112% of his daily needs for vitamin A, 32% of the daily needs for vitamin C, 535% of the daily needs of vitamin K and about 10% of one's daily needs for calcium and iron. It is also a good source of folate, magnesium, phosphorus and copper, and a very good source of Vitamin E (Alpha Tocopherol), thiamin, riboflavin, vitamin B6, potassium and manganese.



Select unblemished, dark green leaves or bunches when purchasing them in the store. When foraging, young greens that are harvested before the flower head appears will be less bitter.

Leaves and flowers can be used fresh, in salads, green juices, in vegetable pies, pancakes, with mashed potatoes, in soups, bread, etc. It has a bitter taste, being less strongly bitter when harvested before blooming.

The roots can also be eaten raw or can be dried to be used in herbal teas. they can still be roasted to make a tasty and rich dandelion coffee.

Dandelions are bitter, so it makes sense to blend them with fruit to mask the flavor. I recommend blending dandelion greens with sweet, flavorful fruits like bananas, strawberries, mangoes, citrus, and pineapple.





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Liver tonic/cleanser,
 Gall Bladder tonic/cleanser,
 Diuretic
 Depurative. (As diuretic it adds potassium to the body, as opposed to most diuretics, helping to balance the mineral content in the blood)
 Blood Pressure Leveler
 Bone Health
 Anemia
 Diabetes
 Cancer
 Digestion
 Gall Bladder
 Liver
 Skin Care
 Urinary Disorders

The leaves are highly perishable. Store them in the fridge in a large tub with a piece of paper towel to absorb excess moisture and condensation. They will keep for 2-4 days this way. If you store wet leaves in a produce bag, they will likely only last a couple days.

The dandelion greens that you find in the store are typically organic. If you forage for dandelion, be sure to harvest them from land that has not been treated with pesticides, herbicides, or other contaminants.

Avoid harvesting dandelion greens from urban or industrial waste lots as heavy metals (lead, mercury) and other pollutants in the soil might be absorbed into the plant.

The nutrients in dandelion greens may help reduce the risk of cancer, multiple sclerosis, cataracts, age-related macular degeneration, and stroke.

Studies also show that people who eat more leafy greens have a **lower risk of developing diabetes.**

Dandelion contains anti-inflammatory properties which may provide benefit to those with asthma and other inflammatory diseases.



Cautions

*Lithium: Taking dandelion might decrease how well the body gets rid of lithium.

*Water pills (Potassium-sparing diuretics) interacts with DANDELION. Dandelion contains significant amounts of potassium. Some "water pills" can also increase potassium levels in the body. Taking some "water pills" along with dandelion might cause too much potassium to be in the body.

*Medications changed by the liver (Glucuronidated Drugs) interacts with DANDELION. Dandelion might increase how quickly some medications are changed by the liver. This could decrease how well some of these medications work.

*Medications changed by the liver (Cytochrome P450 1A2 (CYP1A2) substrates) interacts with DANDELION. Taking dandelion along with some medications that are broken down by the liver can increase the effects and side effects of some medications.

*Antibiotics (Quinolone antibiotics) interacts with DANDELION. Taking dandelion along with antibiotics might decrease the effectiveness of some antibiotics.

<https://www.webmd.com/vitamins/ai/ingredientmono-706/dandelion>