



WHAT'S A WEED?



*A weed is a just a plant
that's in the wrong place*

- A weed is any undesirable or troublesome plant, especially one that grows profusely where it is not wanted.
- Dandelions can cause significant economic damage as an invasive species and infestation of other crops worldwide.
- ***Is a dandelion just a weed?***



DANDELION CHARACTERISTICS



- Dandelion flowers grow on single hollow stems and the leaves produce a milky sap.
- They're one of the first flowers to emerge in spring, around the Spring Equinox in moderate climates, when days and nights are equal in length.
- The seed head is a white puffball. Have you ever blown on one to make a wish?
- The root of the dandelion is very long and brings up nutrients from deep in the soil and stores water for the plant.



DANDELION BENEFITS



Dandelion flowers have a delicate and sweet flavor. They can be used to make jelly, tea and mead.

- All parts of dandelion are edible and medicinal, from the flower to the leaves to the root!
- If you need more incentive to cook with dandelion greens, they're also highly nutritious!
- Dandelion greens are an excellent source of vitamins A, C, and K and are also a source of vitamin E, folate, iron, and calcium.



SOME POSSIBLE DANDELION BENEFITS



- Contains Potent Antioxidants
- Helps Fight Inflammation
- Aids Blood Sugar Control
- Reduces Cholesterol
- Lowers Blood Pressure
- Promotes a Healthy Liver
- Aids Weight Loss



EDIBLE USES OF DANDELION



- If you love the peppery taste of arugula or radicchio in your salad, try adding freshly picked and washed dandelion greens instead!
- The leaves can be ground up to make dandelion pesto.
- They can also be cooked like any other dark leafy green.



DO BEES NEED DANDELIONS?



- Dandelions are a good snack food for bees and while they aren't the best protein source for honeybees, they could be the only early spring food for many pollinators in certain areas.
- Honeybees do better when they gather pollen from a variety of different sources. If you plant flowers for different times of the growing season from different plant families, that will help our bees!