



DANDELION

BENEFITS & USES

**HAVE DANDELIONS IN YOUR YARD?
TAKE A LOOK AT THE HISTORY AND
BENEFITS OF DANDELIONS AND HOW
THEY ARE MORE THAN JUST
A WEED**

Dandelions

(*Taraxacum officianale*) are very common plants in yards and fields.

They thrive in full sun but also grow in the shade.

Most people see them as a weed and a nuisance taking away from an all green lawn and cut them as soon as they pop up.

However, Dandelions have very many uses including helping pollinators in the environment and providing culinary, herbal as well as medicinal uses for humans and animals.

They have been appreciated historically in many cultures around the world.

The following information may skew your traditional lawn mowing and herbicide practices.

GOOD FOR NATURE

- Since Spring is just arriving and flowers are just starting to bloom. Pollinators need as many as they can get in the Spring before the full bloom in the summer. Dandelion flowers provide nectar for honey bees.
- Dandelions attract lady bugs who are very important for control of pests such as aphids.

DANDELION BENEFITS & USES

HELPFUL

- A dandelion's taproot reaches 3 feet into the ground looking for water and minerals. They make these minerals available for others who cannot reach them.

NUTRITIOUS

- One can eat the whole plant in the form of wine, tea, salads, etc.
- Dandelions are full of Vitamin C, B and D and minerals such as iron, magnesium, zinc, manganese, and phosphorus.
- Elk, deer, rabbits, and other animals enjoy eating dandelions and receive vitamins and minerals from them.

HISTORICAL

- Dandelions were known for their medicine throughout time by the Anglo-Saxons, Normans, Greeks, Romans, Arabians, and Egyptians.
- They were known for their beauty in Europe as a garden flower. Japan had horticultural societies in homage to the Dandelion.
- Its name means "Tooth of a Lion" in French due to its leaf shape.

USEFUL

- The whole Dandelion is fully edible
- Puritans found these to be so useful, they brought them along to settle in the New World

OLD REMEDIES

- An ingredient in original root beer.
- Their tonics have been used to help filter the liver, remove toxins from the body, and aid digestion.
- They have been used to heal many ailments such as toothaches, fevers, fluid retention, depression, and lethargy.

LAWNS

- 30 million acres of the United States are lawns. An estimated 80 million pounds of pesticides are used on them annually.
- The U.S. Fish and Wildlife Service reports that “homeowners use up to ten times more chemical pesticides per acre on their lawns than farmers use on their crops”
- Dandelions are very resilient and are masters of survival. They actually grow well in disturbed soil where humans have been. The root clones itself when divided. This makes them difficult to get rid of.

IDEAS

- Try keeping a designated patch of your yard with Dandelions if you do not want them on the whole lawn. Find an appreciation for them!
- If you must get rid of the Dandelions, try to wait to mow your grass until other flowers start coming up so the bees can use the nectar.
- Re-think your use of herbicides on your lawn for the good of the environment. Try finding alternative solutions such as foraging them and using vinegar or hot water instead of chemicals.



A vibrant field of yellow dandelions stretches across the foreground and middle ground. In the background, there are several green trees and a rolling hill under a bright blue sky with scattered white clouds. A semi-transparent, light-yellow, cloud-like shape is centered over the field, containing the text.

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