

Fast Flower Fritters
(serves two generously)

1 cup wholewheat flour
1 tspn baking powder
Pinch of salt 1 egg
½ cup milk or water
2 tblspns olive oil
1 cup dandelion petals
Mix the dry ingredients. Beat egg, add liquid and oil. Stir into dry mix, then stir in the dandelion petals. Cook like pancakes and serve hot with jam, syrup or butter.

Thoughts

"The miracles of nature do not seem miracles because they are so common. If no one had ever seen a flower, even a dandelion would be the most startling event in the world"

THE DANDELION

*There is a flower that decks the plain
And fills our heart with pleasure
The Dandelion is its name
We hold it as a treasure*

*This useful plant with jagged leaves
And pretty yellow flower
Is famous as a medicine
That gives the liver power*

*To properly prepare the blood
And regulate the bile
Assists digestion, and induce
The pleasant healthful smile*

*The doctors may be sceptical
Of any virtue in it
Yet many who have tried it well
Can praise it in a minute*

*Not only as a medicine
But also as a food
The root made into coffee
Most certainly is good*

*And if your ill and want a pill
You surely can rely on
Don't take the old imported ones
But try the Dandelion*

*Extract from The NZ Family Herb Doctor
pub. 1891 by James F Neil M.D. Doctor*

Use young Dandelion leaves in your salads, they are high in many vitamins and minerals

Hot Dandelion & Bacon

4 slices bacon 1 ½ cups dandelion leaves
¾ cup wine vinegar salt to taste
Cook chopped bacon till crisp and add vinegar. When hot add chopped dandelion leaves and salt to taste. Cover and cook slowly until leaves are tender, serve with mashed potato.

Dandelion Coffee: Dig the fresh roots in autumn, thoroughly clean, pat dry, cut up fine, then roast until they are hint of coffee (1 - 1 ½ hours at 150 degrees C). Grind in a coffee grinder and store in an airtight container. Add 1 teaspoon of coffee to 1 cup of water, then milk and sugar if you must. Dandelion coffee is a natural beverage without any of the injurious effects that ordinary coffee and tea have on the nerves and the digestive organs, and does not cause wakefulness.

Dandelion Vinegar

Use a glass jar with a plastic lid, wash the fresh wilted herb, pat dry, and chop up. Steep the chopped herb in apple cider vinegar for 6 weeks, strain out the plant material, bottle and label. A medicinal dose is 15 mls per 50kg of body weight
Best used within 2 years

Dandelion Wine

- 1 litre dandelion blossoms-calyx removed
- 4 litres water
- ½ cup tepid water
- 1 yeast cake
- 500 gms seedless raisins
- 1.5kg sugar
- 1 lemon, 1 orange (cut in small pieces including skin)

Add the dandelion blossoms to the 4 litres of water and simmer for 30 mins. Pour thru a strainer, then cheesecloth. When cool add the yeast which has been dissolved in the tepid water, raisins, sugar, lemon and orange. Stir it everyday for 2 weeks, then strain and let settle for a day. Strain again carefully thru cheesecloth bottle and seal.