

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

## **Wild Foods 2: The Dandelion**

### **Individual Performance Task**

#### **Background**

There are probably few plants that appear annually on a typical suburban lawn that are loathed more than dandelions. Scientifically known as *Taraxacum*, the dandelion is native to Eurasia and North America but has been accidentally introduced to many other places around the world. It is readily recognized by its yellow flower and spiky leaves and most importantly of all, is completely edible. This “weed” has been used since ancient times for its medicinal and nutritious properties. For this lab, you will be tasked with finding, picking and preparing the *Taraxacum* plant for one of several uses.



#### **Instructions**

For this lab, you will prepare wild dandelions for *one* of the following uses:

- Dandelion Syrup
- Dandelion Tea (use flowers)
- Dandelion “Cowboy Coffee” (use roots)
- Dandelion Infused Honey
- Dandelion Salad

#### **Instructions**

1. Consult any of the websites provided with this lab or others that you find yourself in order to find a recipe for what you want to prepare. Youtube also has abundant videos on preparing dandelions for consumption.
2. Harvest the dandelions needed to prepare your recipe taking care to note the caution note below.
3. Prepare the dandelion recipe. To ensure 100% safety (see below) **do not consume the end product**. Simply submit a video of the production phase of the lab.

**Special note:** While dandelions are completely edible from flower to root, care must be taken not to pick these plants from ground that has been treated with fertilizer, pest or herbicides or other man-made chemicals. Also avoid areas where pets defecate. If you have an allergy to this plant (unlikely), let your instructors know before attempting this lab.



## Recipe Samples

### *Dandelion Syrup*

<https://thenerdyfarmwife.com/traditional-scandinavian-dandelion-green-apple-syrup-recipe/>

### *Dandelion Tea (use flowers)*

<https://www.cupandleaf.com/blog/how-to-make-dandelion-tea>

### *Dandelion “Cowboy Coffee” (use roots)*

<https://www.cupandleaf.com/blog/how-to-make-dandelion-tea>

### *Dandelion Infused Honey*

<https://foodinjars.com/recipe/how-to-make-dandelion-infused-honey/>

### *Dandelion Salad*

<https://www.allrecipes.com/recipe/49713/dandelion-salad/>

## Scientific Drawing of Dandelion

