



EVERYTHING HERBAL

— by Cheryl Jabz —



# Good to Know About Dandelion

*Taraxacum officinale*



## What It Is

Dandelion is a nutrient-rich herb used for centuries in traditional herbal practices. Nearly every part of the plant — roots, leaves, and flowers — can be used in food or herbal preparations.

## About Dandelion

Dandelion (*Taraxacum officinale*) is a common perennial herb native to Eurasia and naturalized worldwide. Known for its bright yellow flowers and puffball seed heads, it is both a familiar lawn weed and a valued medicinal plant in traditional and modern herbalism.

## Good to Know

- Every part of the dandelion is edible.
- Leaves are rich in vitamins A, C, and K.
- Leaves are often eaten in salads or cooked as greens.
- Roots can be roasted for tea or coffee substitutes.
- Flowers are sometimes used to make wine.
- Dandelion is traditionally valued for diuretic and digestive properties.



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