



## ***Dandelion Greens with Garlic***

***For grades: All, with adult leadership***

**Explore:** Notice the explosion of yellow spots that appear in our lawns and grassy places mid spring as the sun's warmth encourages dandelions to bloom! Did you know these plants are completely edible? The Pilgrims brought them here from England a very long time ago and now they grow almost everywhere! Spring is the best time to eat these wild edibles. The greens are a bit sharp tasting at best though and grow more bitter as they age. Try some from a shady spot as well as from a sunny one. Those growing in the shade could be the most mildly flavored.

*CAUTION! If you are going to collect your own dandelion greens, make sure you choose those that grow in an area that has NOT been treated with a pesticide or herbicide. DO NOT pick along roadsides or in parks where chemicals may have been used to control weeds or insects.*

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**Create:** A delicious side dish from dandelion leaves, aka dandelion "greens". Either purchase, or pick a pound of them. If you collect your own dandelion greens, make sure you choose those that grow in an area that has not been treated with pesticides or herbicides.. Be absolutely positive you are picking dandelions. Use a field guide and/or the help of a trusted expert.

1. Gather ingredients
2. Discard the roots; wash greens well in salted water, drain and cut into 2 inch pieces.
3. Cook greens in an uncovered saucepan in a small amount of water until tender, about 10 minutes (like kale).
4. Heat oil in a skillet over medium heat. Saute the onion, garlic, pepper flakes stirring until the onion is translucent.
5. Drain the greens thoroughly; add to the onion mixture.
6. Season with salt and pepper.
7. Serve with grated cheese.
8. Offer gratitude for wild edibles!

**Reflect and Share:** Wash and dry the leaves, taste them. How do they taste raw? What shape and size are they? How do they feel in your fingers, and in your mouth? What do they smell like, and look like? Then braise and taste them wilted! Does the flavor change? The texture? The scent? The color? The volume? Dandelion means lion's tooth in French. Do the leaves look like teeth?

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**Materials:**

***Recipe: 1 pound of dandelion greens***

*½ cup of finely chopped onion (or used fresh chives)*

*1 clove of minced garlic*

*A pinch of red pepper flakes*

*¼ cup of extra virgin olive oil*

*Salt and black pepper to taste*

*Garnish with parmesan or asiago cheese*

*Skillet*

*Large saucepan*

*Cooking spoon*

*Strainer*

*Cutting board*

*Chefs knife*

*Towel*

*1/2 cup measure*

*¼ cup measure*

**Why:** Social/emotional;problem solving, sensory processing. Academic/cognitive:  
Informed and integrative thinking. Physical: health, gross and fine motor.  
Spiritual/creative: Sense and knowledge of place, connection, gratitude.

Inspired by: Leslie

Photos:



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