**Dandelion Infused Oil**  
*For grades: pre-k through 12+

**Explore:** The medicinal properties of dandelion. Sit quietly amongst a patch of dandelions. Touch them, smell them, watch them in the wind and sun and rain, study their parts, shape textures, scent, motion, color. How do you feel amongst the dandelions?

**Create:** A calming tension and pain relief oil to rub into achy muscles and joints, or massage onto clean skin as a soothing stress reliever. You can also use this as a base for a salve.

1. Children will gather enough dandelion flower heads to fill a glass jar. Allow the flowers to wilt for a few hours.
2. Pour olive oil over the flowers until they are fully covered.
3. Use the handle of a wooden spoon, or use a stick to carefully poke the mixture to remove all the air bubbles.
4. Cover the glass jar with a breathable lid, such as a coffee filter or woven cloth held on with a rubber band.
5. Place it in the sun to steep for at least 2 weeks and up to a month.
6. Strain out the dandelion and compost them, and store the oil in a jar with a tight fitting lid in a cool dark place. A cupboard or medicine cabinet works well! It will keep for up to a year this way. You may also store in the refrigerator.

**Reflect and Share:** Dandelion is more than a pesky weed found in the lawn. It is also very useful. The flowers are bright and uplifting to look at as well as useful in oils and tinctures and teas and inks, and nature art. The leaves, roots and young buds are edible and delicious when lightly cooked. Our ancestors probably knew the value of dandelion and thus allowed it to grow freely so there would always be enough goodness for everyone to harvest and enjoy.

**Materials:** Dandelion flowers, glass jar, stick, woven cloth, rubber band, jar with a tight fitting lid, strainer, good quality pure olive oil.

CAUTION: Only pick flowers that are surely free of pesticides and herbicides. Avoid picking from parks and roadsides and lawns that were likely treated with chemicals to kill weeds and unwanted grases. These plants will be toxic and should not be used for any purpose.

**Why:** Social/emotional: sensory integration, sensory processing. Physical: health, hygiene hypothesis-microbial exposure and serotonin, lowered anxiety and depression, fine motor. Spiritual/Creative peace, gratitude
Inspired by: Leslie

Photos: (Below)