

# Foraging with Friends of the Rec

You'll come across a lot of edible wild plants in and around the rec. One to look out for all through spring and summer is the **Dandelion** which grows in the grass in our bee corridor in Walden rec. and plenty of other places.

## What to look for:

We all know Dandelion but just to be sure, look for a flower head that is yellow to orange coloured. The leaves are 5–25 cm (2" to 10") long or longer, simple, lobed, and form a basal rosette above the central taproot. The heads are borne singly on a hollow stem. Stems and leaves exude a white, milky substance when broken.



## How to use:

The entire plant, including the leaves, stems, flowers, and roots, are edible and nutritious.

You can blanch the leaves and use as you would with spinach. The heads can be used in dandelion wine while the roots can be used as a caffeine-free coffee alternative. We have however chosen to make dandelion honey.

## Dandelion Honey



### Ingredients

- 4 cups dandelion petals
- 4 cups water
- 3 lemon slices (1/4-inch)
- ½ vanilla pod, split in half
- 2 1/2 cups granulated sugar

### Instructions

1. Pick dandelion flowers during the daylight while in full bloom.
2. Soak the flowers in cold water for five minutes to allow time for any insects to exit.
3. Remove the petals, then measure the petals only. Discard the centre of the flower and the stem.
4. Place the petals in a saucepan along with the water, lemon slices, and vanilla pod.
5. Bring it to a boil, reduce the heat, and simmer it for 30 minutes. Remove the pan from the heat and let steep for 6 hours.
6. Strain the dandelion tea through a muslin and discard the solids.
7. Place the dandelion tea in a heavy saucepan and bring it to a low boil.
8. Gradually add sugar to the boiling liquid while stirring until the sugar is dissolved.
9. Lower the heat and let it simmer uncovered until it reaches the desired syrupy thickness. This may take up to 4 hours.

Enjoy!

