

Nutri-Tip! Dandelions, as kids we loved them

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Dandelions; as kids we loved them, as homeowners we find them annoying. Allow me to encourage you to find your way back to loving them again. It might just bring back childhood memories of joyful summer days. Dandelions make the perfect spring tonic. Just as the flowers emerge, find a clean patch away from traffic and/ or pesticides and pop off the freshest flower heads. If your plot is clean enough and especially if it's just dewed or rained, you needn't wash them. Skip back to the house and toss in a hot frying pan ready with sizzling butter or coconut oil. Sauté quickly and top a steak or grace an omelet with these pretty little edible flowers. Commanding in taste, dandelions are known for their powerful cleansing and tonic effects so only a few are needed. Delicious, memory filled and nutrient packed..... the perfect accompaniment to spring recollections.