

**If you can't beat 'em,  
eat 'em!**

Most people think dandelions are weeds.

They crowd out the grass in our lawns and can damage footpaths and pavements. But dandelions were brought to New Zealand on purpose because they are so useful! European colonists used dandelions for medicine. They ate fried dandelion flowers, dandelion leaf salads, and boiled and fried dandelion roots. They even made roasted dandelion root tea and dandelion flower wine. Some people still enjoy these today!

**Dandelion Superstitions**

*If you make a wish, then blow all the seeds off the head in one breath, your wish will come true.*

*Dandelions in your wedding bouquet will bring good luck.*

*Blow on a seed head. The number of seeds left after your puff is the number of children you will have.*

*Blow dandelion seeds toward someone, and they'll carry your loving thoughts to them.*

*Colour the dandelion.  
Draw a line from the plant part to its use.*

- Salad
- Tea
- Fried veggies
- Wine
- Dye

**Do it with Dandelions...**

Try these at home

- **Make a bouquet**
- **Make a salad.** Gather dandelion leaves from young plants that have not yet flowered. Wash the leaves, and toss with lettuce, toasted walnuts, and your favourite salad dressing. Enjoy your salad with dinner!
- **Dye a shirt.** Boil dandelion flowers to make a yellow dye.

**Believe it or Not!**  
One dandelion flower can produce over 300 seeds!

