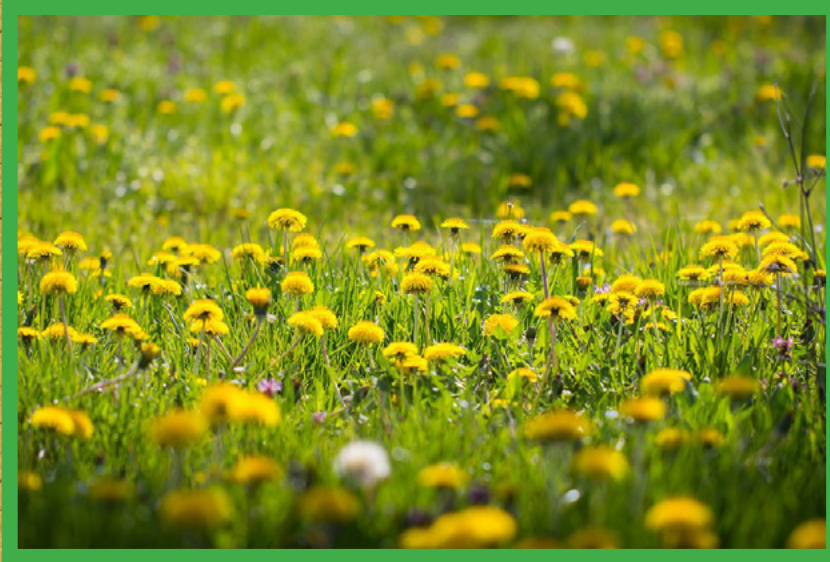


Eat More Alaska Harvested Dandelion Greens



DANDELION GREENS

Nutrients Found in Dandelion Greens

- **Vitamin C** - necessary for the growth, development and repair of all body tissues.
- **High Dietary Fiber** - helps stimulate the digestive system and may reduce constipation and diarrhea.
- **Low calorie**- a heart-friendly, fat-free food.

Harvest of the Month Supported By:



Dandelions are a non-native plant in Alaska and yet they thrive in areas throughout the state on roadways, paths, trails, and in yards and gardens in more urban areas.



Depending on the weather in your area, late May to early June is a great time to harvest dandelion greens. Try to keep the greens as dirt-free as you can when you harvest them.



Collect and wash the greens. Young greens can be sauteed in olive oil and garlic and you will end up with a delicious green to go with dinner that tastes like spinach!