

# Dandelion

*Taraxacum officinale*

## At a Glance

Height: 6 to 12 inches tall

Bloom Colors: Bright yellow flowers

Bloom Time: Spring through fall

Days to Maturity: Perennial, harvest leaves within 30 days of growth

Best For: Edible greens, pollinators, medicinal use

## Growing Conditions Quick Reference

Soil Temperature: 50-75F for best germination

Soil Type: Any well-drained soil; tolerates poor soils

Light Requirements: Full sun to partial shade

Planting Depth: Surface sow or lightly cover

Seeding Rate: Thin to 6-8 inches apart

Moisture Needs: Moderate; drought tolerant once established

Average Germination Time: 7-14 days

## How to Grow

When to Plant: Sow in early spring or fall.

Location: Full sun or partial shade.

Spacing: Thin seedlings to 6-8 inches apart.

Watering: Moderate; too much water can cause rot.

Fertilizer: Not required; thrives in average soil.

## Tips for Success

Harvest young leaves for the best flavor.

Allow some plants to flower for pollinators.

Easily self-seeds; manage if you don't want it to spread.

Leaves, flowers, and roots are all edible and medicinal.

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## Fun Fact

Dandelions were intentionally brought by European settlers as a food and medicinal plant, not just a weed!

## Companion Planting

Pairs well with herbs and perennial flowers as a pollinator-friendly plant.

## Harvesting and Use

Harvest young leaves for salads or sautéing, flowers for wine or fritters, and roots for tea or roasting as a coffee substitute.

## Quick Planting Checklist

- Sow in spring or fall
- Thin seedlings to 6-8 inches apart
- Harvest young leaves for best flavor
- Flowers and roots also edible