

# A FORGOTTEN JOURNEY

## Dandelions

Imagine you're in England and it's the summer of 1620. With trepidation and excitement, you were preparing for the journey of your life. Space was limited and the trip on the Mayflower was long. Knowing you may never return to England, let alone survive the journey, you brought what was important to you and your family. The Pilgrims brought:



### ***DANDELIONS?***

Were our founding fathers intelligent or confused?  
Why would they make room for something that is the scourge of every lawn owner?

They knew what we have forgotten.

- *AS FAR BACK AS THE ROMAN'S DANDELIONS WERE USED AS AN HERB*
- *DURING THE PILGRIMS LIFETIME DANDELIONS WERE A FOOD STAPLE. ALL PARTS WERE EATEN.*
- *DANDELIONS PROVIDE FLUORINE, WHICH SUPPORTS BONES, TEETH, BLOOD, SKIN, NAILS AND HAIR*
- *THEY PROVIDE SILICON WHICH SUPPORTS MUSCLES, CONNECTIVE TISSUES AND THE PANCREAS*
- *ONE 3.5 OZ. SERVING OF RAW DANDELION GREENS PROVIDE MORE Vitamin A, C, CALCIUM AND IRON THAN THE SAME SERVING OF RAW SPINACH*
- *BEFORE GUMMY VITAMINS THERE WERE DANDELIONS*

Once the celebrated dandelion had roots in the Colonies, American Indians found their own uses for the hardy plants.

For thousands of years the dandelion was popular, cultivated and loved. They had been used to cure everything from balding to rickets.

When the twentieth century rolled around the hardy dandelions were demoted to weed status.

Manufactured vitamins, minerals and iron shots had replaced this once celebrated plant that crossed an ocean and survived.

The next time you see dandelions in your yard, pour yourself a glass of dandelion wine and toast the Pilgrims for having the wisdom to travel with what was important. ***In our travels we should remember everything has value - even a thousand-year-old weed.***

***Written by: LINDA SHEPHERD***

**Sources:**

Herbal Healer Academy, Arkansas

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Ten Things You Might Not Know About Dandelions <http://mofga.org/Default.aspx?tabid=756>