

DANDELION GREENS

Dandelion greens are simply the leaves of the common yellow dandelion flower that grows wild. Recognizable by the leaves' jagged edges, dandelion greens offer a bitter taste. Dandelion greens can be used raw in a salad or served warm.

Dandelion greens are an excellent source of vitamin A, K and C and a good source of fiber, calcium, manganese, iron, and vitamins B1, B2, and B6.

