

The Ultimate Dandelion Cookbook: 148 recipes for dandelion leaves, flowers, buds, stems, & roots

By Kristina Seleshanko

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An Amazon #1 Bestseller!

Become a dandelion hunter! 148 dandelion recipes for breakfast, lunch, dinner, snacks, and even dessert!

What if someone told you **one of the world's most nutritious foods** is also tasty, can be cooked many different ways, is easy to find, and is totally free? I know what I'd do: I'd run out and grab some! Well, the good news is, there is such a food: Dandelions. Yes, those pesky weeds with bright yellow flowers you've grown up thinking are the enemy of perfect lawns are actually food – brought to North America by immigrants who knew how valuable they are.

Every part of the dandelion is edible:

* **Dandelion greens recipes are common throughout Europe** and often used in salad, quiche, lasagna and other pasta dishes, and many other familiar and less-familiar dishes.

* **The honey-like flowers are a healthy and tasty** addition to bread, omelets, pancakes, and more – plus they make delectable dandelion wine, dandelion jelly, and dandelion wine.

* **The buds are often pickled or added to stir frys** and other dishes.

* **The stems can be eaten like noodles.**

* **And the roots add coffee flavor to everything** from ice cream and cakes to drinks. And let's not forget dandelion root tea!

The Ultimate Dandelion Cookbook offers 148 recipes, plus expert advice and tips, for cooking all parts of the dandelion – **one of nature's best free foods. Black and white interior photos.**

"5 Stars. Here is what we had for dinner last night: Dandelion noodles, picked with revenge in my garden, and eaten up with zest! So great, and so easy to make this recipe from the brand-new Ultimate Dandelion Cookbook. You can see pictures on my blog."

--Caleb Warnock

author of *Backyard Winter Gardening* and other books

"5 Stars. Kristina Seleshanko has created a wonderful collection of enticing recipes, all featuring those yellow-top, front yard pests: dandelions. She includes some rather expected dishes, like omelets, salads and soups. Other recipes, however, are likely to catch readers off guard, like pizza, soda, jellies, wine and even ice cream and cookies! What I enjoy most about this cookbook is the abundance of education. The author includes valuable nutritional information, but also instructions on how to harvest dandelions, how to preserve them and store and what alters the taste of these greens. She's obviously very knowledgeable. All in all, this book is an excellent value at a great price."

--Tanya Dennis

Writer & Editor

"5 Stars. What a fantastic book! I have seen dandelion recipes here and there, and am determined to try my hand at dandelion cordial, but this book has it all. The author went to great pains to give a very comprehensive book on dandelions in every form. With this book you will learn to use every part of the dandelion to make foods and beverages for every meal of the day. If you are interested in frugal living or just trying something a little different, get this book and get out in the yard and start picking!"

--Jennifer Shambrook

Author of *I Can Can Chicken!*

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Editorial Review

About the Author
Kristina Seleshanko is the author of over 19 books. She's been a professional actress and singer, a librarian at Gourmet magazine, editor of The Costume Society of America's national newsletter, and is now an suburban homesteader, wife, and mom. Kristina blogs at Proverbs 31 Woman: www.proverbsthirtyonewoman.blogspot.com.

Users Review

From reader reviews:

Mary Oliveras:

Have you spare time for a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to the particular Mall. How about open or read a book called The Ultimate Dandelion Cookbook: 148 recipes for dandelion leaves, flowers, buds, stems, & roots? Maybe it is being best activity for you. You realize beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with their opinion or you have some other opinion?

Neil Owens:

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Dennis Rodriguez:

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study when he makes this book. Honestly, that is why this book acceptable all of you.

Janelle Ramirez:

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