



DANDELION

Taraxacum albidum (ta-RAKS-uh-kum AL-bih-dum)

PERENNIAL | ASTERACEAE FAMILY

ZONES: 3-11

EXPOSURE: MORNING SUN

MATURE HEIGHT: 12" | SPREAD TO 16"

BLOOM: WHITE | SPRING-SUMMER



HERB & VINE

— healing plants —



Medicinal



Culinary



Pollinators



Container



Rare

A white-flowered member of the dandelion family, this species is specifically found growing wild in southern Japan. It is not considered an aggressive or weedy dandelion variety but is treasured as a useful food and medicine plant.

- Culinary: Harvest the young leaves for salads or wait until they mature for stronger flavors. Rich in vitamins (A, C, K, E) and minerals.
- Therapeutic*: as a diuretic, liver tonic, digestive aid, and for skin/respiratory issues, leveraging its antioxidant, anti-inflammatory, and mild laxative properties.
- Leaves: Eaten in salads, brewed into tea. Root: Roasted as a coffee substitute, brewed into tea, or used in extracts.
Latex (Sap): Applied topically for warts and corns.

Caution: Always consult a healthcare professional before using dandelion for medicinal purposes, especially if pregnant, nursing, or on medications.

**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



Download PDF
www.herb-and-vine.com