



Rocky Creek Valley Farm

DANDELION

Taraxacum officinale

Salad

½ c olive oil

½ c balsamic vinegar

¼ c maple syrup

1/8 c soy sauce (Braggs liquid Aminos is better)

Ginger to taste

Mix all ingredients then add to 2 handfuls of whole dandelion greens.

Marinate overnight. Yum!

DO NOT CUT OR TEAR LEAVES until you are ready to use them. This releases an ascorbic acid oxidase and will destroy the vitamin C. Leaves will become less bitter after they get cold (refrigerated or cold weather).