

DANDELION "HONEY" OR DANDELION SYRUP

INGREDIENTS

- 375g fresh dandelion leaves (green parts removed)
 - or about 1 gallon
- 2L water
- 1.5kg sugar
- 2 tsp Citric acid
- Yield: 1 Quart of Syrup/"Honey"

MATERIALS

- Cheesecloth or a flour sack towel
- Kitchen Scale
- Candy thermometer
- Jars for storage



DIRECTIONS

- Pick the heads of about 1 gal of fresh dandelion heads.
- Remove and discard the green base from each head but keep the rest.
 - Dandelion heads are actually made up of many individual flowers, known as florets, all combined into one head. Each of these florets contain all the reproductive parts of a dandelion, including the pollen containing parts known as the stigma and anther. These parts are what we are interested in obtaining because the pollen from the dandelion is what will give our syrup it's honey taste. Because it would be very difficult to remove just these pollen containing parts we will keep the entire floret, fuzz and all. However, removing all the green base from each head is necessary because it contains a milky sap that will make our syrup taste bitter.
- Once you've removed the bitter green base from each head add 375g of the leaves, or florets to a pot with 2L of water.
- Over medium high heat bring the dandelion leaves to a simmer for 15 minutes then cover let steep from 8-12 hours.
- Once cool, strain the tea through cheesecloth or flour sack kitchen towel into a clean pot and add 1.5kg of sugar and 2tsp of citric acid to the tea.
- Heat this mixture, stirring often at first, over a medium low heat until it reaches 240F.
- Once it reaches 240 degrees the "honey" is done!
- For long term storage (up to a year) this can be packaged in the same manner as maple syrup.
- For immediate use:
- Allowed to cool and packaged in jars placed in the refrigerator for up to 6 months.

THIS IS NOT A USDA RECIPE. WHILE SYRUPS AND CANDY PRODUCTS ARE GENERALLY LOW RISK FOODS, THERE IS STILL RISK OF EXPOSURE TO FOOD BORNE ILLNESS WITH ANY HOME PRESERVED PRODUCTS.

TIPS:

- Dandelions can be found almost everywhere!
- Make sure you harvest in an area free from pesticides.
- Pulling the green part off the flower head is a great fine motor activity for kids to help with!
- Try this recipe with pancakes, in tea, on toast or anything you can use honey or syrup on!

NOTES:

A decorative floral border at the bottom of the page, featuring a central pink flower with a yellow center, flanked by green leaves and pink buds, all set against a light blue background.