



The Ultimate Dandelion Cookbook: 148 Recipes for Dandelion Leaves, Flowers, Buds, Stems, Roots

By Kristina Seleshanko

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.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...



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Reviews

An exceptional pdf and the typeface utilized was fascinating to read through. It can be written in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.

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It is in a single of the best book. This is for those who state there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Barney Robel Jr.