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Dandelion

Make a dandelion garden bed. Till the garden soil, build a raised bed or use containers for the dandelions. Add compost or other organic materials to the garden soil to make it rich and loamy. Use an all-purpose garden or vegetable fertilizer for better growth and productivity.

Thin the plants as they grow. Keep at least 6 inches between each plant. This checks disease and maximizes leaf production.

Harvest the outer leaves as you would harvest lettuce. Use the leaves in a salad. To harvest the whole plant, cut the dandelion greens with a sharp knife, garden shears or scissors.

Store gourmet dandelion leaves and flowers in a freezer bag in the refrigerator and serve them within a week for the best taste. Throw out any that wilt. Prepare dandelion roots by drying them in the sun.

Let the gourmet dandelion flowers go to seed toward the end of the season. Then harvest the seeds for next year's dandelion garden.

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