

Taraxacum officinale - Plant



Dandelions are surprising source of nutrients. They contain vitamin C, potassium, calcium, iron, magnesium, phosphorus, thiamine, riboflavin, beta carotene and fiber.

They are actually more nutritious than most of the fruits and vegetables you can buy in the grocery store.

Rating: Not Rated Yet

Price

Sales price R 123,456

Discount

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Description

Description for Taraxacum officinale

Dandelion is a perennial plant growing almost everywhere, which can reach 38 cm in height. This plant has only basal leaves. Each leaf is toothed or lobed. The flower-heads are up to 4.5 cm wide, yellow. The florets number 40 to over 100 per head, that are yellow or orange-yellow in color.

| Common name | Flower colours | Bloom time | Height | Difficulty |
|---|----------------|-------------------|----------------|--------------|
| Dandelion, Pitachumki, Dudhi, Baran, dudal, Dudhbatthal, Dudhal, Kaadu shaavanthi, Han, Dugdghapheni, Dugdghapheni, Lootari, Payasvini, Patri, Bathur | orange-yellow | April - September | 8 to 12 inches | easy to grow |

Planting and care

A very easily grown plant, it succeeds in most soils, though it prefers a well-drained humus-rich neutral to alkaline soil in full sun or light shade.

| Sunlight | Soil | Water | Temperature | Fertilizer |
|----------|-------------------|--------|-------------|------------------------------|
| Full Sun | well-drained soil | medium | 7â€³34Â°C | Apply any organic fertilizer |

Caring for Taraxacum officinale

- Grow a less bitter variety.
- Try growing Dandelions in the shade.

- To reduce bitterness, harvest Dandelion leaves early.

Typical uses of Taraxacum officinale

Special features: Benefit of growing Dandelions:It is a perennial. After you harvest the plant it will grow back the same season, year after year.

Culinary use: Dandelion wine - Delicious

Dandelion salad

Dandelion smoothies - They're rich in vitamins, minerals and antioxidants

Dandelion tea - This brew may reduce blood pressure, reduce blood sugar, aid in digestion and help control premenstrual cramps.

Ornamental use: The plant is used for ornamental purpose.

Medicinal use: To treat infections, bile and liver problems, and as a diuretic.

For increasing appetite, and as a plant bitter for improving digestion.

References

- <http://theherbgardener.blogspot.in/2013/04/how-to-grow-dandelion-taraxacum.html>
- <http://www.flowersofindia.net/risearch/search.php?query=%09Taraxacum+officinale&stpos=0&stype=AND>
- <http://worldoffloweringplants.com/grow-care-dandelion/>

Reviews

Wednesday, 25 September 2013

Picture of dandelion green flower looks quite different here.

shripad