



## The Ultimate Dandelion Cookbook: 148 recipes for dandelion leaves, flowers, buds, stems, & roots

By Kristina Seleshanko

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### 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 stir fries** and other dishes.

\* **The stems can be eaten like noodles.**

\* **And the roots add coffee flavor to everything** from ice cream and cakes to drinks. And let's not forget dandelion root tea!

*The Ultimate Dandelion Cookbook* offers 148 recipes, plus expert advice and tips, for cooking all parts of the dandelion – **one of nature's best free foods. Black and white interior photos.**

**"5 Stars. Here is what we had for dinner last night: Dandelion noodles, picked with revenge in my garden, and eaten up with zest! So great, and so easy to make this recipe from the brand-new Ultimate Dandelion Cookbook. You can see pictures on my blog."**

--Caleb Warnock

author of *Backyard Winter Gardening* and other books

**"5 Stars. Kristina Seleshanko has created a wonderful collection of enticing recipes, all featuring those yellow-top, front yard pests: dandelions. She includes some rather expected dishes, like omelets, salads and soups. Other recipes, however, are likely to catch readers off guard, like pizza, soda, jellies, wine and even ice cream and cookies! What I enjoy most about this cookbook is the abundance of education. The author includes valuable nutritional information, but also instructions on how to harvest dandelions, how to preserve them and store and what alters the taste of these greens. She's obviously very knowledgeable. All in all, this book is an excellent value at a great price."**

--Tanya Dennis

Writer & Editor

**"5 Stars. What a fantastic book! I have seen dandelion recipes here and there, and am determined to try my hand at dandelion cordial, but this book has it all. The author went to great pains to give a very comprehensive book on dandelions in every form. With this book you will learn to use every part of the dandelion to make foods and beverages for every meal of the day. If you are interested in frugal living or just trying something a little different, get this book and get out in the yard and start picking!"**

--Jennifer Shambrook

Author of *I Can Can Chicken!*

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### **Editorial Review**

#### **About the Author**

Kristina Seleshanko is the author of over 19 books. She's been a professional actress and singer, a librarian at Gourmet magazine, editor of The Costume Society of America's national newsletter, and is now an suburban homesteader, wife, and mom. Kristina blogs at Proverbs 31 Woman: [www.proverbsthirtyonewoman.blogspot.com](http://www.proverbsthirtyonewoman.blogspot.com).

### **Users Review**

#### **From reader reviews:**

##### **Judith Joiner:**

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their down time with their family, or their friends. Usually they performing activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? May be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to consider look for book, may be the publication untitled The Ultimate Dandelion Cookbook: 148 recipes for dandelion leaves, flowers, buds, stems, & roots can be fine book to read. May be it might be best activity to you.

##### **Andrew Schulz:**

People live in this new time of lifestyle always try and and must have the extra time or they will get lots of stress from both daily life and work. So , when we ask do people have free time, we will say absolutely yes. People is human not a robot. Then we ask again, what kind of activity do you have when the spare time coming to you actually of course your answer may unlimited right. Then do you try this one, reading textbooks. It can be your alternative in spending your spare time, the actual book you have read is The Ultimate Dandelion Cookbook: 148 recipes for dandelion leaves, flowers, buds, stems, & roots.

##### **Eleanor Bender:**

Reading can called imagination hangout, why? Because when you are reading a book mainly book entitled The Ultimate Dandelion Cookbook: 148 recipes for dandelion leaves, flowers, buds, stems, & roots your thoughts will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely can become your mind friends. Imaging every word written in a guide then become one contact form conclusion and explanation that maybe you never get ahead of. The The Ultimate Dandelion Cookbook: 148 recipes for dandelion leaves, flowers, buds, stems, & roots giving you one more experience more than blown away your head but also giving you useful facts for your better life on this era. So now let us explain to you the relaxing pattern this is your body and mind will likely be pleased when you are finished reading through it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

**Darlene Kidd:**

Do you have something that you want such as book? The e-book lovers usually prefer to decide on book like comic, small story and the biggest some may be novel. Now, why not trying The Ultimate Dandelion Cookbook: 148 recipes for dandelion leaves, flowers, buds, stems, & roots that give your satisfaction preference will be satisfied by simply reading this book. Reading routine all over the world can be said as the opportunity for people to know world a great deal better then how they react towards the world. It can't be said constantly that reading practice only for the geeky man but for all of you who wants to be success person. So , for all you who want to start reading as your good habit, you can pick The Ultimate Dandelion Cookbook: 148 recipes for dandelion leaves, flowers, buds, stems, & roots become your personal starter.

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