

Eat The View

Recipes and Tips

Dandelion capers

Dandelions produce a small, caper-sized flower bud below the stem, like parts of many wild plants they are better before the dandelion starts to flower.

First find very tiny dandelion buds. Not the closed flower from the middle of the floret of leaves, that bud has already developed into a fully formed flower inside, full of fluffy petals. Underneath it there will be a number of pea-sized secondary buds that are even younger, pry those out. As long as you leave the plant there it will produce more flowers for the bees.

To pickle them, you will want to cover them in 2/3 vinegar to 1/3 water and a pinch of salt. Bring the water and vinegar to a boil and dissolve the salt in it. Pour over buds, put in container and store in refrigerator.

