



# CROP PRODUCTION GUIDES

## Dandelion

*Taraxacum officinale*

Family: Asteraceae



### Description

Dandelion is a low-growing perennial herb reaching 45cm in height.

**Uses:** The leaves are high in vitamin K, vitamin C, vitamin E, and have more beta-carotene, iron and calcium than spinach. The flowers, leaves and roots can be used to make herbal tea.

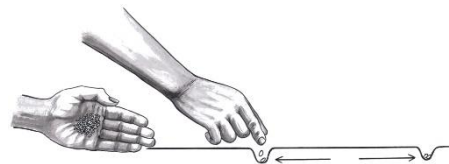
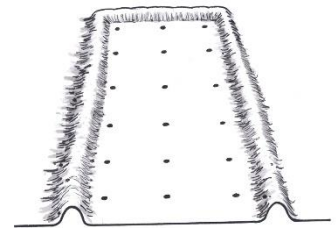
### Cultivation

Dandelion prefers full sun or partial shade and should be grown in well-drained soil.

**Rotation plan:** Dandelion is a perennial

#### Soil improvement:

**Planting:** Sow seeds directly into beds with rows 60cm apart and planting stations 15cm apart for flowers or 5-7cm apart for the leaves.



## Plant care

**Weed control:** Hand weed beds when the seedlings are small

**Irrigation:** Dandelions need a lot of water to thrive, so water them regularly. However, do not overwater - just enough so that the soil feels moist.

### Pests and diseases:

## Harvesting and processing

Cut the leaves near the base of the plant. You may leave the smaller leaves to continue growing if desired.

Dig up the roots after the flowers have bloomed. You can even harvest roots of dandelions that have gone to seed. To harvest the roots, insert a garden spade into the ground about 10 to 15 cm from the base of the dandelion. Dig around the dandelion to loosen the soil and make it easier to pull up, and then pull the dandelion root out of the ground.

Dandelions are perennials in most climates. Leave the plant in place if you want it to regrow it.

Dry the roots using a solar dryer. Then, chop the roots up into 0.5 cm pieces and store.

## Packaging and labelling

Package your products in bags supplied by the buyer and use the correct labels. Store organic products in separate stores marked "Organic Store".

No other products or inputs (chemicals) should be kept in the Organic Stores.

## Cropping timetable

