



Dandelion Blossom Jelly publication date: Nov 21, 2007

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The dandelions are blooming! Our yard and garden are full of sunny, yellow dandelion flowers. Gathering them brings me such joy I just had to find something new to do with them this year.

So, with my two teenage apprentices (Rachel and Zac), I made Dandelion Blossom Jelly, a recipe I modified a little from [Wild Foods for Every Table](#) compiled by Tina Sams.

To make the jelly you will need: 4 cups of Fresh Dandelion Blossoms, 2 T. Lemon Juice, 5 1&frac1;2 cups Sugar, and 1 3&frac1;4 oz. Powdered Pectin.

As you can tell from the quantity of sugar this is definitely more of a spring treat than a health food. Rowan and Hailey both love it, and the sunny yellow color brings freshness and joy to our spring kitchen.



First, gather your 4 cups of dandelion blossoms. Spend some time on this step, enjoying the spring day and maybe eating a few of the blossoms as you pick.

What other plants are poking their spring shoots out of the ground?

(I had lots of fun checking out how my plants are spreading around my garden this year. Lemon balm is in many new places. I have a couple of new Motherwort and Oregano plants, and my chives are coming back tall and healthy...)

Eventually you will have to pull yourself back into the kitchen if you want to finish your jelly.

If you would like to can your jelly, start the water to sterilize your jars boiling now. You will need about 6 half-pint jars for this recipe.



Put the blossoms in a saucepan, and pour 1½ quarts of water over them. Bring the water to a boil and simmer for about 5 minutes. Turn off heat and let sit for another 10 minutes.



Strain the water into another pan, using cheese-cloth so that you can squeeze all the liquid from the flowers.



Measure 3 cups of the liquid into a saucepan or kettle. Add the lemon juice and pectin, and bring this mixture to a boil.



Add the sugar and stir until dissolved. Bring to a rapid boil, stirring constantly. Reduce heat to a gentle boil and stir for 2 ½ minutes more. (We actually simmered ours for quite a bit longer thinking that it would set up

during the heating process. However, we discovered that it gels as it cools. If you want to be sure yours is set, take a small portion in a jar and put it in the freezer for a few minutes to see if it is jelly consistency.)



Remove from the heat and pour into jelly jars. Keep one open to enjoy right away with butter on bread or toast.



Cap the rest with canning lids and water-bath or steam can until sealed. We did a ten minute canning process in our steam canner, putting them in the pantry to enjoy in the weeks to come.

Rachel took the extra blossoms we gathered back home with her and made dandelion fritters by frying the blossoms in pancake batter. She says the dandelion jelly was very tasty on the fritters as well.

We also learned that the blossoms are great for soothing sunburns, and since Rachel had just returned from a trip to Florida she decided to try it out.

She took some of the blossoms and poured boiling water over them and let them steep for about an hour. Then she lay down with the blossoms on her face for ten minutes and is using the liquid as a nightly face wash.

This technique can also be used for insect bites, age spots, windburn, and tired, red eyes.

Each year I am amazed anew with the numerous ways that dandelions can be used to support human health and well-being.

This simple "weed" reminds me each spring of the powerful healing potential of the plants around us, and my gathering and jelly-making day was truly a celebration of dandelions!

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