

Dandelion Jelly



Wee Ones May 6, 2008
&
Valhalla Center May 16, 2010

**We picked those enticing bursts
of sunshine. We felt the
tickle of their delicate little
petals. So deceiving when
we remember their
strength of survival. They
need very little. When
they receive an
abundance, they share
their thanks with all who
notice and the children
notice.**

**But what can we do when
they begin to wilt and
slowly die?**



Harvest!

The children became immersed in their task. They became the rescuers of these beautiful blooms.

Was it an opportunity for them to make the most of their joy of picking flowers?

Their picking was precise. The bigger ones filled their palms easily. The pail, slowly began to fill and the children's pleasure grew as they realized they had done this task themselves. WOW!



Their Observations:

- they pressed gently on top of the flowers...”sooooo soft”.
- “I wish I could sleep on them.”
- “I picked hundreds and hundreds of them.”
- “they are getting smaller!”



After we put the blossoms into a large pot we filled the pot with water. When the water came to a boil, we let it boil gently for a few minutes. It was left to cool.



When the liquid was warm, we prepared another pot by placing a cheese cloth into it. Adam, Brody, Rhythm and Zakir held onto the edge of the pot in preparation for the pouring of the liquid.



Hold on! Here it comes!



The mushy blossoms need help to come out of the pot. Adam pushed them out with a big spoon.



“Wow, the dandelion juice is dripping out of the holes.”

“Look, it’s kinda black...brownish.”

“The flowers are staying in the bag.”



“This sugar is going to make the dandelion juice taste really sweet.”

“We sure are putting in a lot!”

The group counts as each cup is poured into the bowl: “one, two, three, four...and a half.”

This sugar is set aside for later.



“See, the juice goes right to that line.”

Rhythm measures
4 cups of dandelion
juice....



...and pours it
into the cooking
pot.



Chloe pours in 1 box of pectin and stirs, stirs, stirs.

“The powder chunks are disappearing.”

“I see powder on my hands.”

“This is hard work.”



After the juice begins to boil hard, we pour in the sugar all at once and keep on stirring for 1 minute.



The grown up has to pour the cooked jelly into jars because the jars and jelly are REALLY HOT!

“The jelly looks beautiful!”

“It looks like honey.”



The jelly needs to cool completely to set.
But if it doesn't, NOT TO WORRY! We
can use it as pancake syrup.



What else can we make out of dandelions?

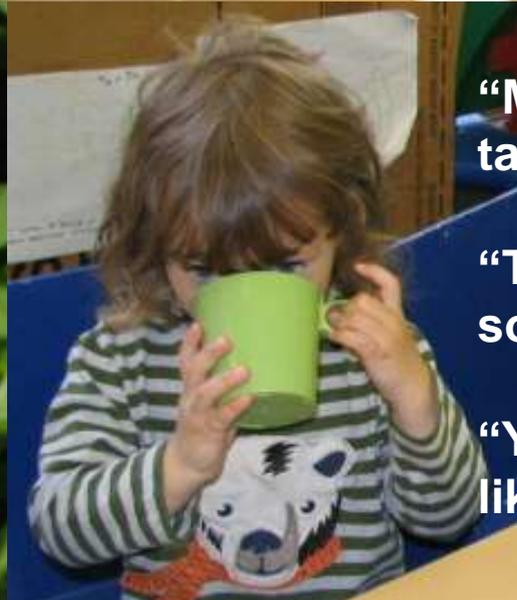
- Tender young leaves and flowers in a salad have more vitamins and minerals than most vegetables.
- Fresh dandelion juice externally to fight bacteria and help heal wounds.
- As a tonic, strengthens the kidneys and helps the liver do its job
- If placed in a bag with unripe fruit, it will ripen the fruit
- A dark red dye from the root.
- Liquid plant food from root and leaves
- Temporary tattoos from the white sap
- Herbal wine from fermented flowers
- Coffee substitute from the roots.



But most importantly, explore, play, learn



During cooking, explore, taste, learn:



“Mmm, the tea tastes delicious,,,”

“The flowers are soft, squishy.”

“Yumm. They taste like spinach.”



Good health to you!

