

# Creamed Dandelion Greens with Classic Roux Sauce

BY NANCY PHILLIPS



SALT AND PEPPER  
TO TASTE

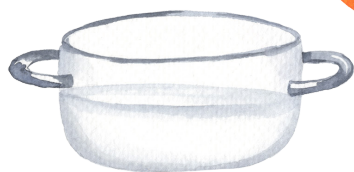


1 CUP MILK



2 TABLESPOONS  
BUTTER

2 TABLESPOONS  
FLOUR



3 QUARTS LIGHTLY SALTED WATER



1 POUND DANDELION GREENS



*A traditional way to enjoy dandelion greens in New England is to eat them with a cream sauce. This recipe features a classic roux sauce to dress the greens. The result is rich and satisfying!*

**YIELD:** 4 servings

**TIP:** Often when we harvest dandelions, we want the whole plant so we can make medicine or roasted dandelion “coffee” with the roots and the greens for tea or cooked greens. It works best to harvest the greens first and put them into a separate basket before digging the roots; then you don’t get extra dirt mixed in with your greens.



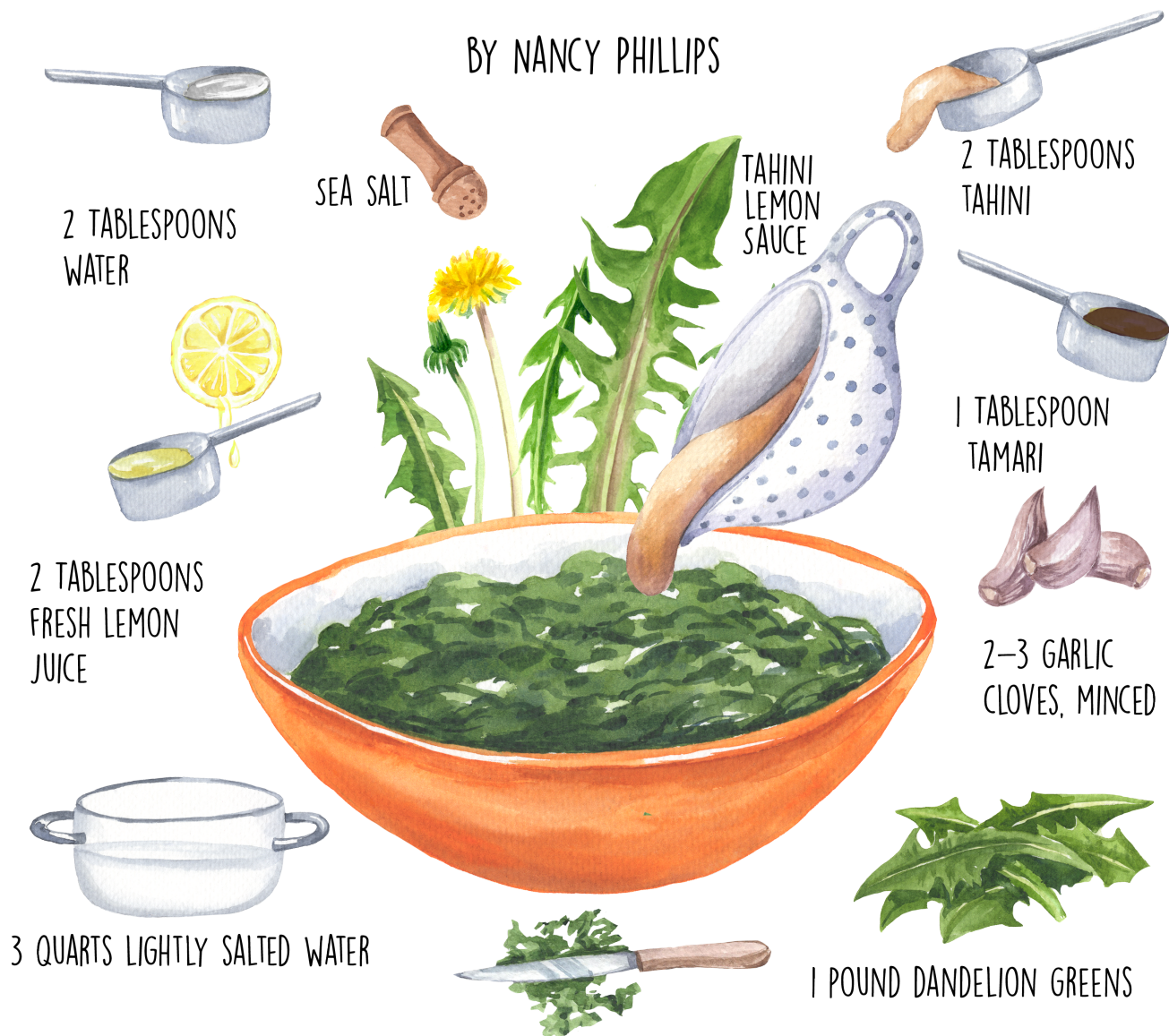
HERBS  
with ROSALEE



1. Harvest young, vibrant-looking dandelion greens that you know have not been sprayed. Wash thoroughly, drain and chop into one-inch pieces.
2. Boil a big pot (3 quarts) of lightly salted water. Cook the dandelion greens until wilted, just a few minutes. Drain and spread the greens out to keep them from cooking further. Keeping them bright and vibrant is ideal. Set aside.
3. Prepare your sauce:
  - A. Melt butter in a small saucepan and whisk in flour, until it is smooth and creamy.
  - B. Gradually whisk in milk and simmer gently for at least 5 minutes. Add salt and pepper to taste.
  - C. Set aside.
4. Dry the empty pot that you boiled the dandelions in and combine the prepared sauce and the drained dandelions. Gently reheat and serve.

# Creamed Dandelion Greens with Tahini Lemon Sauce

BY NANCY PHILLIPS



*This recipe provides you with a non-dairy twist on the classic cream sauce. Dandelion greens are delicious set off by savory tahini and the bright tang of lemon!*

**YIELD:** 4 servings

1. Harvest young, vibrant-looking dandelion greens that you know have not been sprayed. Wash thoroughly, drain and chop into one inch pieces.
2. Boil a big pot (3 quarts) of lightly salted water. Cook the dandelion greens until wilted, just a few minutes. Drain and spread the greens out to keep

them from cooking further. Keeping them bright and vibrant is ideal. Set aside.

3. Prepare your sauce:

- A. In a small bowl, whisk tahini, tamari, lemon juice, minced garlic, and water until thoroughly blended and creamy. Add sea salt to taste.
- B. Set aside.

4. Dry the empty pot that you boiled the dandelions in and combine the prepared sauce and the drained dandelions. Gently reheat and serve.



HERBS  
with ROSALEE

# Nancy Phillips

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Nancy Phillips is an herbalist, yoga/Ayurveda instructor, and small-scale farmer. She delights in supporting people on their path to finding more peace, joy, and vitality through healing herbs, healthy food and strengthening their connection to Earth and Spirit. She and her daughter, Gracie, lovingly tend Heartsong Farm, an herb farm, organic apple orchard, and holistic educational center. They offer consultations, workshops, grower's intensives, and healing retreats at their farm in Northern NH. Nancy and her husband, Michael, co-authored *The Herbalist's Way: The Art and Practice of Healing with Plant Medicines*.

You can find more from Nancy at her website, [HeartsongFarmWellness.com](http://HeartsongFarmWellness.com).

You can also find Nancy on [Facebook](#).

