



# DANDELION

**Botanical Name:** *Taraxacum officinale*

**Common Name:** *Taraxacum dens-leonis*, *Taraxacum vulgare*

**Medicinal part:** Root, Leaf

**Description:** It can be found growing in temperate regions of the world, in lawns, on roadsides, on disturbed banks and shores of water ways, and other areas with moist soils. *T. officinale* is considered a weed, especially in lawns and along roadsides, but it is sometimes used as a medical herb and in food preparation. Common dandelion is well known for its yellow flower heads that turn into round balls of silver tufted fruits that disperse in the wind called "blowballs" or "clocks" (in both British and American English).



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