

Italian Dandelion

- Wash and remove tough stems
- Use mixed with other leafy vegetables for a salad base, braise or sauté and serve warm, or wilt into a soup.
- Eat quickly! (3-5 days)

Store unwashed in a plastic bag in the fridge.

To freeze: trim greens from their stem, blanch 2 min, cool and dry. Layer in sealable bag and freeze.

