

# Dandelions Nutritious In Spring

By ELLY

There's a fine new crop of early spring vegetable that's yours for the harvesting.

High in vitamin A and a very good source of iron and calcium, it may be no farther away than your own front lawn.

Those tiny saw-toothed leaves of the dandelion are their best before they have a chance to burst into bloom.

To the early settlers a mess of dandelion greens was a spring tonic, a blood purifier and a cure for heart trouble and rheumatism.

The dandelion root is also edible. Peeled and sliced, they should be brought to a boil, drained, boiled until tender, drained and served as a vegetable with salt, pepper and butter.

To make dandelion root coffee (dandelion is a member of the chicory family), roast the roots in a slow oven for about four hours. They should be quite brittle and brown inside. Then just grind and use as you would for coffee.

Later on, gather the golden flowers for a batch of dandelion wine.

- EARLY SPRING SALAD**
- 4 c. dandelion leaves, cut
  - 1 slice bacon
  - 1 c. vinegar
  - 1 T. sugar
  - 1 c. water
  - 1 t. salt
  - 1 t. pepper
  - 1 T. onion, chopped
  - 1 hard-cooked egg

Carefully pick over dandelion leaves and cut in two-inch lengths. Fry bacon crisp and remove from pan. Keep fat, to which add vinegar, sugar, water, salt and pepper and stir until well blended. Cool and toss through greens and onion. Heap in salad bowl and garnish with bacon and slices of egg. Serves six.

- DANDELION POT**
- 1 1/2 lb. salt pork
  - 3 onions, sliced
  - 6 to 8 c. dandelion greens
  - 9 medium-sized potatoes
  - 1 t. savory

Cover salt pork with water in a saucepan, cover with cold water, boil for 30 minutes. Remove from pot; cool slightly; slice then dice. Place in skillet and fry until brown and crisp. Add onions and fry until golden brown. Add the washed dandelion greens to the salt pork water. Place pork in the middle, add onions and peeled and halved potatoes. Sprinkle with savory. Cover and cook 20 to 25 minutes. Drain and serve.

- DANDELION - APPLE SALAD**
- Chop tender young leaves of dandelion, and mix with small cubes of unpeeled apple and a little mayonnaise lightly flavored with celery salt.

- DANDELION SALAD**
- 1 1/2 lb. dandelion greens
  - 1 c. thinly sliced red onions
  - 2 tomatoes, quartered
  - Pinch of basil
  - Salt and pepper
  - French dressing

Wash tender young leaves of dandelion and cut into two-inch lengths. Pat dry with towel. Add other ingredients and toss. Makes four servings.

**DANDELION WINE**

Place two gallons dried dandelion flowers in a two-quart crock. Cover with one gallon boiling water. Cover and let stand three days. Strain through a cloth and squeeze all water from flowers. In a large kettle combine liquid, three pounds sugar, juice of three oranges and one lemon. Simmer for 20 minutes. Return liquid to crock. Cool until barely lukewarm. Sprinkle with half a package of dry yeast then top with a toasted slice of rye bread. Cover with a cloth and keep at room temperature (70 to 75 degrees) for six days. Strain wine into a gallon jug, plugged loosely with cotton. Keep in a dark place for three weeks. Pour into bottles and cap or cork tightly. Wait at least five months before serving.



GATHERED AROUND a prize-winning painting are (from left) Della Favazza, Janet Heintz, Charlene Staub, Norma Flood, Edith Shomik, Kathy Kujowski and Jenny Bonnici. The painting is by Mrs. Heintz, who took first prize in the Li-

vania Artists Club's 12th annual show. Mrs. Bonnici's painting took second place and Mrs. Kujowski's, third. The others won honorable mentions. Joseph Borg and Frank Hubert were the judges.



## Orchestra Seeks More Musicians

**WESTLAND**

Suburban musicians are sought for: Westland civic symphony orchestra auditions for the 1973-74 season.

The call for musicians was issued this week by Director Charles Heard, who has led the orchestra since its formation more than two years ago.

The orchestra's season consists of major formal concerts in November, January and March and a cabaret concert in May.

Heard urged interested instrumentalists with experience to contact the Westland Parks and Recreation Department for an audition appointment.

He plans to expand the orchestra from 85 to 88, with rehearsals starting next September and continuing through May.

# Seed Planting Guide For Vegetable Garden

VARIETY	NECESSARY? (YES) OR NOT (NO)	INDOOR STARTS (Wks. to plant)	OUTDOOR STARTS (Wks. to plant)	BEST PLANTING TEMP. (°F)	AVG. DAYS TO SPROUT	SEEDING DIST. (inches)	PLANT SPACING (inches)
Asparagus	No	-	-	65°-75°	14-21	1/2" deep, 1" apart	2' after 1st yr.
Beans, Pole	No	-	-	70°-80°	7-14	1" deep, 1" apart	Hills 3'
Beans, Bush	No	-	-	70°-80°	7-14	1" deep, 3" apart	6"
Beans, Bush Lima	No	-	-	70°-80°	14-21	1" deep, 6-8" apart	12"
Beets & Swiss Chard	No	-	-	65°-75°	14-21	1" deep, 1" apart	Beets 3', Swiss Chard 18"
Broccoli & Brussels Sprouts	For spring crop	6 to 8	-	65°-75°	7-14	1" deep, 1" apart	1 1/2'
Cabbage & Cauliflower	For spring crop	6 to 8	-	65°-75°	7-14	1" deep, 1" apart	2 1/2' to 3'
Carrots	No	-	-	65°-75°	14-21	1" deep, 1" apart	1 1/2' to 2'
Celery	For spring crop	12 to 16	-	60°-70°	14-21	1 1/2" deep, 1" apart	6"
Collards	No	-	-	65°-75°	7-16	1" deep, 1" apart	3' apart
Corn, Sweet	No	-	-	65°-75°	7-14	1" deep, 1" apart	Hills 12"
Cucumbers	Only short summers	4 to 6	-	70°-80°	7-14	1" deep, 1" apart	Groups - 4'
Eggplant	Necessary	8 to 12	-	70°-80°	14-21	1" deep, 1" apart	3'
Endive	Optional	6 to 8	-	65°-75°	14-21	1" deep, 1" apart	8-12"
Lettuce	Optional	8 to 10	-	65°-75°	14-21	1" deep, 1" apart	Hd Rm, 12" Rows 18"
Melons, Cantaloupes & Watermelons	Optional	4 to 6	-	70°-80°	7-14	1" deep, 1" apart	Grps 50" x 50" to 6-10'
Mustard Greens	No	-	-	60°-75°	7-14	1" deep, 1" apart	12"
Okra	Optional	4 to 6	-	70°-80°	14-21	1" deep, 1" apart	12-18"
Onions	Optional	6 to 8	-	60°-75°	14-21	1" deep, 1" apart	4"
Parsley	Optional	8 to 10	-	65°-75°	21-28	1" deep, 1" apart	6"
Parsnips	No	-	-	60°-75°	14-21	1" deep, 1" apart	Rows 2'
Peas	No	-	-	60°-75°	14-21	1" deep, 1" apart	12"
Peppers	Optional	10 to 12	-	70°-80°	14-21	1" deep, 1" apart	12-18"
Pumpkins	No	-	-	70°-80°	7-14	1" deep, 1" apart	Grps 6-8'
Radishes	No	-	-	65°-75°	7-14	1" deep, 1" apart	2"
Spinach	No	-	-	60°-70°	14-21	1" deep, 1" apart	4"
Solanach, New Zealand	No	-	-	65°-75°	7-14	1" deep, 1" apart	4"
Squash, Summer	No	-	-	70°-80°	7-14	1" deep, 1" apart	Groups 60"
Squash, Winter	No	-	-	70°-80°	7-14	1" deep, 1" apart	Groups 4-6'
Tomatoes	Optional	8 to 12	-	65°-75°	14-21	1" deep, 1" apart	3'
Turnips	No	-	-	60°-75°	7-14	1" deep, 1" apart	6"

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