



DANDELION

lawn manually, save the roots as they make a passable cup of coffee. Clean the roots and dry them in a microwave or let them lie in the sun for a few days. When they are shriveled, break them into pieces and grind them up between a couple of bricks or pulverize them with a hammer. Used as ordinary coffee, one level teaspoon is usually enough.

The most popular use for dandelions, and certainly the most widely-known, is making wine. If you have the equipment and have never tried making it, the following recipe makes a good wine.

You'll need a gallon of water, two quarts of dandelion heads, three pounds of sugar, four oranges, a teaspoon of yeast nutrient and a package of wine yeast. It is important to pick the flowers at mid-day in full sunshine and make the wine right away.

Bring the water to a boil in a very large pot, measure the yellow heads and discard as much of the green as possible. Add the heads to a clean plastic container and pour the boiling water over them and leave sealed for two days to steep.

After two days, pour the water and flowers back in the pot, add rind from the oranges (no white pith) and boil for 10 minutes. Strain through a fine sieve lined with cheesecloth, add the sugar and stir until it dissolves. When it cools off, add the yeast nutrient, juice of the four oranges and yeast.

Put into a clean plastic or glass gallon jug and fit with a fermentation trap. When the wine clears off (usually in a week or 10 days), siphon it into clean bottles with a plastic hose. Make sure the hose does not pick up any of the scum on the bottom of the bottle. Let sit for a couple of weeks and enjoy.

So the next time you are at the supermarket and start to complain about the high price of imported lettuce or spinach, remember...just outside your back door there are probably more than enough wild edibles for your supper. And they're free!

Margaret Mallett reminds me that there are still members of the NHS that haven't paid their dues for 1986 (and it's almost half over). Please don't let any more of this year slip by. It's easy - just send a cheque to Margaret. The address and rates are on page two of this newsletter.

Coming Events

June 15-21: The International Council for Bird Preservation will hold their 19th World Conference. Contact Diane Griffin (892-7513) for more info.

June 26: The PEI Museum and Heritage Foundation will hold its Annual Dinner and Awards meeting at the Mill River Resort. Contact Donna Herlihy at 892-9127.

July 23-26: The Canadian Nature Federation Conference will be held in St. John's, Nfld. Contact Diane at 892-7513 for more information.

Also, don't forget those field trips coming up in July and August. There is some information on page four of this newsletter and more can be obtained from trip leaders Jane Symmes and Terry Powers. The NHS is always looking for good ideas for field trips and leaders for those trips.