



Extension

# DANDELION JELLY

March 2024



- There is **no** tested or approved canned dandelion jelly recipe
  - Too low in acid
  - The Aw (water activity) level of the recipe is questionable; Aw is what controls yeast and mold growth
  - Concern about the use of pesticides used to control dandelions
  - Concerns of allergies related to dandelions
- Fresh dandelion jelly recipe
  - Safe to make as refrigerator and/or freezer product
  - Creative alternative to canned dandelion jelly
  - Same concerns about pesticides and allergies
  - Short-term refrigerated or freezer storage

(Source: [National Center for Home Food Preservation, University of Georgia](#))





# DANDELION JELLY

Extension

MARCH  
2024



## Fresh Dandelion Jelly

- 3 cups fresh dandelion blossoms, packed
- 4 cups water
- 4 1/2 cups sugar
- 1 box powdered pectin
- 2 Tablespoons commercially bottled lemon juice
- 1 drop yellow food coloring, optional

### Instructions:

- Wash Dandelion heads under cool running water.
- Using your thumbnail, cut and pluck away the tiny green leaves holding it (your thumb will get sticky, and the flower will separate into petals). Remove as much of the green as possible because this part is bitter and turns the jelly green.
- In a medium saucepan, bring water to a boil. Add half of the blossoms, stir, and cover. Turn off the heat and steep for 20 minutes. Using a fine mesh strainer, strain and gently push on the blossom to remove some of the water. Add the same dandelion water back to the saucepan and bring to a boil. Add remaining blossoms and cover. Steep for 15 minutes, then repeat the straining process.
- Bring 3 cups of steeping liquid to a boil along with sugar, pectin, lemon juice, and optional food coloring, stirring until sugar is dissolved. Boil for 1 minute, then skim off the foam.
- Pour into freezer containers, leaving 1/4 inch headspace, and store in the refrigerator or freezer for longer storage.

(Source: [Dandelion: Completely Edible](#))