

EXCERPT FROM RECORDED INTERVIEW OF JENNIFER ANDRULLI
TALKING ABOUT DANDELION
CONDUCTED BY STEFANIE BURICH
VIA ZOOM IN SOLDOTNA AND ANCHORAGE, ALASKA, RESPECTIVELY
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JENNIFER ANDRULLI: Or if you buy dandelion root at the store, you can simmer it for an hour, and then you have a decoction. But it's the same plant, you're just treating it differently. You could take the dandelion root tea bag, and you could take it out of the bag and soak it in alcohol or apple cider vinegar and make a tincture. Dandelion, I love dandelion. And it came to Alaska with immigrants bringing their crops from the Old World, these domesticated varieties of plants. Dandelion grows in the gardens, and then that spread into the landscape, right. It's in our national parks. At the end of every road in Alaska.

Well, dandelion's very special, because it's edible, the whole plant. The flower is an edible. You can bread it and fry it. The leaves, the young leaves, are a great salad green or a spinach alternative. The root is so important. It helps us support and nurture the liver. Well, liver energetically -- when we look at the energetics of our body, we talk about the liver being the organ that helps us process anger. And dandelion is the herb that supports the liver.

And this is some of the, you know, the energetics here in Alaska is, you know, processing the anger. There's trauma and anger, and it's wrapped up together, and dandelion is here to help us navigate speaking truth to the anger and healing, understanding and transforming it. So we can work together to go forward. We cannot do this work alone as human beings. We never have. And so, the future holds us working together in unification rather than separation. So that's one of the ways plants help us work on our emotional body. People come to the plants because of a physical ailment, and part of the healing is looking at the emotional, spiritual, and mental aspects of that ailment. And part of that's personal, and part of it is collective. It's the family and then it's the society that we're within.