

Dandelion Recipes

Roasted Dandelion Root Tea

(Coffee Substitute):

Harvest your dandelion roots in the morning or after a rain by digging down as deep as you can with a dandelion lifter or a shovel. (always harvest dandelion roots from untreated areas)

Scrub and chop the dandelion root into ¼ to ½ inch pieces and place on a baking sheet. Roast cleaned, chopped dandelion roots at 350°F for 30-60 minutes or until brown. Stirring once or twice.

Light roast will smell a little like chocolate, a darker roast will smell more bitter like a dark roast coffee. Store toasted root in an airtight container for up to 3 months or in the freezer for up to 12 months. You can also grind the roasted root in a coffee grinder.

To serve:

Steep 1-2 teaspoons of roasted root in very hot water for 10-15 minutes for a coffee-like beverage.

Dandelion Greens

Harvest tender green dandelion leaves from untreated areas before the flower buds appear.

Clean the greens like you would clean lettuce.

You can make a fresh tea by steeping ¼ cup chopped leaves in hot water for 5-10 minutes.

You can preserve the leaves for later use by dehydrating/drying them.

Chop the tender greens and add to your salad.

Dandelion greens have a bitter taste (this is how they help with digestion, the bitter taste activates more digestive juices) so it is best to pair them with fats (hard boiled eggs, cheese, oil) and acids (vinegar or lemon) in a recipe.

I like to harvest the flowers, partially dry them and infuse them into oil and then use the infused oil to make

Benefits of dandelion root:

Liver Health

Detoxification

Improves digestion

High in antioxidants

contains prebiotic fiber

Benefits of Dandelion greens:

Liver support

Digestive aid

High levels of minerals

Natural diuretic

Digestive support

High in antioxidants

moisturizer. The compounds found in dandelion flowers have anti-aging properties.