

## Using Dandelion Root

When harvesting roots for preserving, make sure no herbicides or pesticides have been used, and that the land is not near roads where they can be contaminated.

Dandelion roots are very nutritious and have medicinal properties (detoxify, supports liver and kidneys, helps digestion) They are the most nutritious harvested in the Fall.

**Tea:** Dig your roots and remove the leaves. Gently clean them and chop them into small pieces to dehydrate. (I use a food processor) Place 2 C water, 2 tsp dehydrated dandelion root into a pot, simmer 10-15 minutes.

**Coffee-like beverage:** Scrub dandelion roots, drain, chop into small pieces (I use a food processor) and place on a baking sheet. With the oven door propped open with a wooden spoon, roast at 150°F (65°C) or the lowest your oven can go, until roots are dark and dry (~1-4 hours). Cool and further grind as desired to make a finer texture. Simmer 2 tsp of roasted roots in 2 C water for up to 15 minutes.

**Add to ground coffee:** Brew coffee as usual, adding 1 teaspoon of roasted roots for each 6 cups of coffee. More or less root may be used depending on taste.



**Roots, cleaned, chopped, ready in food processor**



**After processing in food processor**



**Comparing before and after finely ground roots ready for oven**



**The finished product**