



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

Washing the Roots

To wash the roots, (you'll probably want to do this step outside) put them in a bucket, fill it with water and agitate the roots with your hands until the water is very muddy. Pour off the water, fill the bucket again and repeat this process a few times until the water runs clear. At this point you should have a pile of beautiful, golden dandelion roots. Don't worry if there is still some dirt left on them, as we will be washing them one more time.

Grinding the Roots

With a large kitchen knife, cut the roots into chunks. Put these into a large bowl and fill with water. Agitate with your hands until water gets cloudy, pour off and repeat until water runs clear. Put about 2 cups of chunky roots into your food processor and whiz them on high until they are chopped into a coarse-looking mixture. Put these in a bowl and whiz up the rest of the roots 2 cups or so at a time until they are all ground. (Note: Other instructions I have seen for making Dandelion Coffee roast the roots whole, but I find it a whole lot easier and more convenient to grind them fresh.

Tea

To process your roots for tea, harvest, clean and grind them as above. Dehydrate them in a commercial dehydrator or in the oven on the lowest temperature available until thoroughly dry. Place 2 C water, 2 tsp dried dandelion root into a pot, simmer 15 minutes.

Roasting the Roots

Spread the coarse-ground Dandelion Roots on cookie sheets about ½ inch deep. I can fit 4 cookie sheets, stacked, 2 on each rack, in my oven. Try to roast as much as you can at one time. Set the oven at 250° and leave the oven door slightly ajar while they are roasting so that moisture can escape. You will be both drying and roasting the roots in this step. The roasting process takes about 2 hours. As the roots dry, they will shrink down to about ¼ of the size when fresh. After they dry they will begin to roast, going from a blonde color to a dark coffee color. Be sure to stir them frequently with a spatula to assure even drying and roasting. You may have to rotate the cookie sheets occasionally if they are stacked to ensure even drying and roasting. As they get close to desired color, be careful not to burn them! Cool and store in glass jars.

Making the Coffee

Some people grind the roots further in a coffee mill so that they are nearly powdered and make it in their coffee pot. I prefer to use them as they are, and make the coffee like a tea in a simmering pot of water. Use 1 level Tablespoon Roasted Root for each cup of water. Or use 1/3 cup root for each quart of water or 1-1/3 per gallon. You may need to adjust these amounts to your taste if you like it

stronger or weaker. I make the coffee in a pot on the stove, simmering the roots gently for 10-15 minutes or until it yields a rich, coffee-colored brew