

Dandelion Root Tea Recipe

What you will need:

- Small Trowel, Weed Digger-Upper or Strong Hands
- Dandelion roots – found in your garden. If you have to go for a walk around your neighbourhood to find some, make sure they have not been sprayed (ask you parent's help with this).
- A bowl to collect the roots
- Kitchen Knife
- An oven
- Grinder or Mortar-and-Pestle
- Roasting Pan

How to Make the Tea:

Step 1: Harvesting Dandelion Roots for Tea

Look for dandelions plants in your garden and, with your trowel, carefully dig up the roots. The roots are tough to get out, and it may take you a few tries. The bigger the bunch of leaves growing out of the ground, the bigger the roots. It's a lot easier to harvest after it has rained, and is best to do in the early spring, so this is perfect timing for us!

Using a small shovel, weed digger-upper or strong hands, dig the dirt away, surrounding the root. Try to loosen the soil and then grasp the root as deep as you can and pull. Some will come out nicely, some will just snap off. Trim the leaves off the root. You can discard them or add them to a salad.





This amount made two cups of tea ☺

Step 2: Dry and Cook the Dandelion Root

Once you have gathered about 1 cup of roots (more, if you have a bigger family!), take them to the kitchen. Wash them thoroughly and pick off the stringy bits. Rinse them again and then cut into small pieces. You want them 1/2 cm – 1cm pieces or smaller.

Place on a roasting pan and bake at 200 degrees Celsius for 1 hours. Flip each one after half an hour to make sure all the sides are roasted. Once they are cooked, let them cool and chop them even smaller. You can put them in a coffee grinder or mortar and pestle to make them even finer.





Finely chopped after roasting

Step 3: Heat Water and Brew the Tea

Use a small saucepan to bring water to a boil. Add the finely chopped or ground dandelion roots to the boiling water and simmer for 20 minutes.

Step 4: Strain and Serve

Strain the roasted roots out using a fine mesh strainer. Serve as-is or add your choice of honey, cinnamon, nutmeg, cloves and/ or milk to taste – I certainly did!

