

Sugar Beet FOOD CO-OP

DANDELION TEA RECIPE

Ingredients

1 tsp of Dandelion

1 cup of Boiling Water

Use one teaspoon per cup of cold water.

Add the root and cold water to a pot.

Place that pot on the stove and bring up to a gentle boil.

Put a lid on the pan and lightly simmer for 10 to 20 minutes.

Remove from the heat and let your decoction cool to drinking temperature.

Finish up by straining & pour into cup and enjoy!

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WHAT IS AN HERBAL DECOCTION?

A DECOCTION IS AN HERBAL PREPARATION CREATED BY BOILING HERBS IN LIQUID-- USUALLY WATER FROM BARKS, STEMS OR SEEDS.

TIP:

1. START WITH COLD WATER
2. USE MORE HERBS WHEN YOUR HERBS ARE FRESH
3. GRIND HERBS BEFORE BREWING