

Dandelion Wine

2gal/8 liter crock
3-5 qts/3-5 liters blossoms
5 qts/5 liters water
3 pounds/1.5 kg sugar
1 organic orange
1 organic lemon
1 pkg/8 grams live yeast whole wheat bread toast

DIRECTIONS:

Find a field of dandelions in bloom on a glorious shining day. Follow the honeybees to the finest flowers. Pick them with a sweeping motion of your parted fingers, like a comb. I leave the green sepals on, but get rid of all stalks.

Back home, put blossoms immediately into a large ceramic, glass, or plastic vessel. Boil water; pour over flowers. Cover your crock with cheesecloth. Stir daily for three days. On the fourth day, strain blossoms from liquid.

Cook liquid with sugar and rind of citrus (omit rind if not organic) for 30-60 minutes. Return to crock. Add citrus juice. When liquid has cooled to blood temperature, soften yeast, spread on toast, and float toast in crock. Cover and let work two days. Strain.

Return liquid to crock for one more day to settle. Filter into very clean bottles and cork lightly. Don't drink until winter solstice.

Preparation time: A week's worth of effort yields a drink not only delightful but good for your liver, as well.

reprinted from ***Susun Weed's*** *Healing Wise recipes.*

If dandelions were rare and fragile, people would knock themselves out to pay \$14.95 a plant, raise them by hand in greenhouses, and form dandelion societies and all that. But, they are everywhere and don't need us and kind of do what they please. So we call them weeds and murder them at every opportunity -

Robert Fulgham

