

# How to make dandelion root "coffee"

By Norie

## Tools you'll need:

A garden glove for your digging hand (to prevent blistering).

A sturdy shovel.

A root collecting bag (a cloth bag that you don't mind getting covered in soil) or bucket.

A pocket knife.

1) find the most pristine patch of lush and thriving dandelions (after they send out seeds is best!) far enough off of the road (or off a beaten path).

2) dig deeply around the base of the dandelion to get to the base of the root, cut and discard the leaves (or harvest as salad leaves!).

3) stop after either you get enough mosquito bites or your hand starts hurting (whichever comes first)!

4) take home and wash by rubbing the roots together until all the dirt is off and rinse water is clear.

5) slice/chop/dice into fine pieces and dry in sun for a few days until moisture is gone, then put slices on a baking tray and bake in the oven for about an hour on low heat until brittle and well-roasted.

6) simmer 2 tablespoons dandelion root to 3-4 cups water for 15 mins. On low heat. (The result should be a deep brown coffee-like liquid).

7) drink up and nourish that liver!

ps. harvesting dandelion root is best after rainfall, when the soil is moist and diggable.

pps. make the most of your dandelion patch by first harvesting the blossoms (leaving some for seed) for dandelion wine!

ppps. Dandelion root tea also is known to strengthen the heart, small intestine function and increase vitality. Go for it!

*Norie is a seed collector and experimental organic gardener in southwest Tokyo who dabbles in Japanese herbal medicine, organic rice farming, natural plant dyeing and the art of living slowly.*

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