

TARAXACUM OFFICINALE (DANDELION)

RECIPES

ACE OF CUPS HERBAL CLASS



DANDELION LEAVES

As A Food

- Eat raw
- Steam and eat

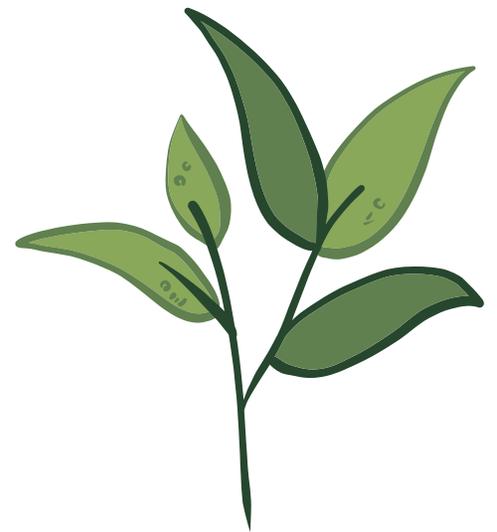
Dandelion Green Vinegar

Ingredients

- Dandelion greens
- Vinegar of your choice - Organic raw apple cider vinegar, Champagne and white wine vinegars (light taste is great for delicately flavored herbs/fruits), Red wine vinegar (it is stronger, is nice to use with spices), or Rice wine vinegar.
- Sterilize jars before use. You can boil them for 10 minutes in a deep pan and then use canning tongs to remove them.
- Gently heat wine and rice vinegars (do not boil) before pouring over herbs/fruits to diminish the risk of bacterial or moldy growth. These types of vinegars contain a bit of protein and are prone to mold/bacteria, etc. If mold is present, throw them out.
- Red wine vinegar (it is stronger, is nice to use with spices).
- Rice wine vinegar.

Method

- Place fresh or dried dandelions in a jar
- Pour vinegar of your choice over herbs



DANDELION ROOTS

Dandelion Root Decoction

Ingredients

- 1 Tbsp. dandelion roots
- 2-3 cups of water

Method

- Put dandelion root into room temperature water and bring to a boil
- Turn down heat, cover and simmer for 10-20 minutes.
- Strain and enjoy Can store in fridge up to 72 hours

Dandelion Root Honey

Ingredients

- 4 tbsp dandelion root
- 6-7 ounces local honey

Method

- Place 4 tablespoons fresh or dried dandelion root in a jar
- Cover with 6-7 oz local honey

Dandelion Root Tincture

Ingredients

- 30 grams of dandelion root
- 150 ml or vodka or 45 percent alcohol

Method

- Poor over, blend or shake
- Wait one moon cycle



DANDELION

WHOLE PLANT

Dandelion Green Oxymel

Ingredients

- 2 ounces fresh Dandelion tops
- 3 ounces dried Dandelion root
- 1 ounce dried Nettle, Cleavers, Chickweed or Red Clover
- 4 cups vinegar 1 cup honey

Method

- Pour over or heat, I pour over and wait

Dandelion Tinctures

Ingredients

- Combine your dandelion leaf glyceride and root tincture

Method

- Strong Decoction, 2-4 ounces, to 4X a day.
- Leaf as Standard Infusion, 3-6 ounces as needed.
- ROOT or LF. Root Fluidextract [1:1, 45% alcohol] 30-60 drops up to 4X a day. Tincture [Fresh Root, 1:2] 1/2 to 1 teaspoon. Strong Decoction, 2-4 ounces, to 4X a day. Leaf as Standard Infusion, 3-6 ounces as needed.



DANDELION FLOWERS

Place in your home for a bit of sunshine

Dandelion Flower Wine

Ingredients

- Dandelion, sugar and yeast
- Research recipes

