



Rocky Creek Valley Farm

DANDELION
Taraxacum officinale

Tea (actually it's called Tisane!)

1/4 c fresh dandelion leaves, flowers, roots

3/4 c just UNDER boiling water

Steep 5-8 minutes. Strain. Add honey, lemon to taste.

If using dried dandelions use 1 Tbls whole or 1 teasp crushed.