



Rocky Creek Valley Farm

DANDELION

Taraxacum officinale

Vinegar/Tonic Store cool dark cabinet-Shelf life approx. 1 yr

Harvest dandelions in morning after dew is risen and before hottest part of day.

Clean well. Can use root, leaf and flower. Fill quart jar about $\frac{3}{4}$ full. Add raw apple cider vinegar leaving about $\frac{1}{2}$ inch head space; cap with plastic lid. Place in cool dark area for 4-6 weeks. Shake/stir daily. Strain. Use for dressings, cooking, marinades.

Can also use as a tonic by adding to a little honey in water; usual dose is about a tablespoon daily. Take 2 tsp before meals to boost digestion. This is also traditionally called “Elixir of Long Life”!