

# How to Make Dandelion Tea

A simple guide using dandelion flowers, leaves, and roots

Use flowers for a mild tea, leaves for a more bitter green tea, and roots for a stronger earthy tea that can be roasted like a coffee substitute.

## 1. Pick Safe Dandelions

- Only harvest dandelions from clean areas that have not been sprayed with herbicide or pesticide.
- Avoid roadsides, industrial areas, and places where pets or animals commonly pee.
- Identify true dandelion carefully: yellow flower, hollow stem with milky sap, and jagged leaves growing in a ground rosette.
- Wash all flowers, leaves, and roots well before using.

## 2. Flower Tea — Mild and Floral

- Pick fresh yellow dandelion flower heads.
- Remove most of the green base if you want a less bitter tea.
- Rinse gently.
- Use 1–2 tablespoons of fresh flowers or petals per cup.
- Pour hot water over the flowers and steep for 5–10 minutes.
- Strain and drink. Add honey or lemon if desired.

## 3. Leaf Tea — Green and Slightly Bitter

- Pick young dandelion leaves, ideally before the plant gets old and tough.
- Wash well and chop roughly.
- Use 1 tablespoon fresh leaves or 1 teaspoon dried leaves per cup.
- Pour hot water over the leaves and steep for 5–10 minutes.
- Strain before drinking.

## 4. How to Harvest the Root

- Use a small shovel, garden fork, or weeding tool.
- Dig around the plant and loosen the soil deeply, because dandelion roots can be long.
- Pull the root gently so it does not snap.
- Cut off the leaves and scrub the root very well to remove dirt.
- Fall roots are often richer and stronger, but spring roots can also be used.

## 5. Fresh Dandelion Root Tea

- Wash and chop the root into small pieces.
- Use about 1 tablespoon chopped fresh root per cup of water.
- Place root and water in a small pot.
- Simmer for 10–20 minutes. Root tea should be simmered, not just steeped.
- Strain and drink. The taste is earthy and slightly bitter.

## 6. Roasted Dandelion Root Tea

- Wash roots very well and chop into small pieces.
- Pat dry or let them air-dry briefly.
- Spread pieces on a baking tray.
- Roast at 250–300°F for 30–60 minutes, stirring occasionally, until brown and fragrant.
- Do not burn them.
- To brew: simmer 1 teaspoon to 1 tablespoon roasted root per cup for 10–15 minutes, then strain.
- Optional additions: cinnamon, ginger, honey, milk, cream, or lemon.

## Simple Safety Note

- Dandelion is commonly used as food, but use caution if you are allergic to ragweed, daisies, or chamomile-family plants.
- Check with a health professional first if you take diuretics, lithium, blood thinners, diabetes medication, or blood-pressure medication.
- Use caution if you have gallbladder, bile duct, or kidney issues, or if you are pregnant or breastfeeding and using dandelion medicinally.
- This guide is for general food and tea preparation, not medical advice.

Prepared as a shareable guide • August 22, 2026