

Dandelion Tea

<http://www.healthline.com/health/ways-dandelion-tea-could-be-good-for-your#1>

If your garden is already flooded with dandelions, you don't need to rely on store-bought tea (just make sure you or someone else hasn't treated your lawn with chemicals):

Flowers and Leaves: Wash, then let steep in hot water for 15-20 minutes.

Roots: Wash very thoroughly, chop into fine pieces, and heat on high in an oven for about two hours. Steep 1-2 teaspoons in hot water for about 10 minutes.

Or just go buy some high quality tea bags at your local coop, or they probably have the tea in the bulk section. 😊