

Dandelion & Lemon Iced Tea

YIELDS: 6 CUPS

PREP TIME: 10 MIN

STEEP TIME: 30 MIN

Ingredients

1 cup dandelion
petals (no stems or
leaves)
2+ 4 cups of water
1 tbsp of lemon
juice
1 tbsp maple syrup
(or sweetener of
choice)



Directions

- **Optional**** Wear gloves when separating petals from the green part of the flower to prevent staining.
1. Rinse the dandelion flowers. (You can remove the green parts of the flower to reduce bitterness.)
 2. Boil 2 cups of water and pour over the flowers. Stir and cover. Let this steep for 20 minutes.
 3. Add the remaining 4 cups of water, lemon juice and sweetener to the tea and mix.
 4. Refrigerate for 3 hours or overnight.
 5. Strain the petals and serve. You can garnish with some of the petals.



Dandelion Salad from 1844

SERVINGS: 2

PREP TIME: 10 MIN

Ingredients

2 cups of fresh
dandelion leaves
1/2 a small onion,
finely diced
1/4 cup of apple
cider vinegar
2 tbsp of oil of
your choice
Salt and pepper to
taste

Directions

1. Harvest young leaves from dandelion. Clean the leaves thoroughly.
2. Soak leaves in water for an hour.
3. Drain the leaves and add onions.
4. In a separate bowl, mix the vinegar, salt and pepper, and oil.
5. Dress the salad right before serving.

