

# How to Prepare Dandelion

## Leaf Infusion

Fresh or dried leaves steeped in hot water to create a gentle daily tonic.

### How to Make:

- 1–2 teaspoons dried leaf (or 1 tablespoon fresh)
- Pour over 1 cup hot water
- Cover and steep 10–15 minutes
- Strain and drink

### Notes:

- Traditionally used for mild fluid balance and nutritive support.
- Dandelion leaf is rich in minerals and often valued as a spring tonic.
- The slightly bitter taste helps stimulate digestion and may reduce occasional bloating.

## Root Decoction

The root is simmered slowly to extract its deeper bitter compounds.

### How to Make:

- 1 tablespoon dried dandelion root
- Add to 1½ cups water
- Bring to a gentle simmer
- Cover and simmer 15–20 minutes
- Strain and drink warm

### Notes:

- Traditionally used to support digestion and liver function.
- The bitterness stimulates digestive secretions and is often taken before meals.
- Decoctions provide a stronger preparation than tea and are commonly used short-term.

## Dandelion Honey

Fresh or dried flowers infused into honey for a mild, pleasant preparation.

### How to Make:

- Fill a jar loosely with dried dandelion flowers
- Cover completely with honey
- Stir to remove air bubbles
- Cap and let infuse 1–2 weeks
- Strain if desired

### Notes:

- A gentle preparation traditionally used for digestive support and seasonal wellness.
- The sweetness balances the mild bitterness of dandelion.
- Often used as a daily tonic or stirred into warm drinks.

**“Common in the field, yet valued in the apothecary, dandelion serves as a gentle spring tonic.”**