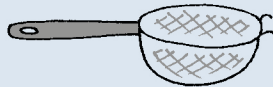
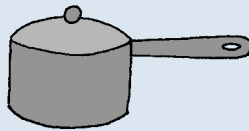


# Make your own dandelion tea

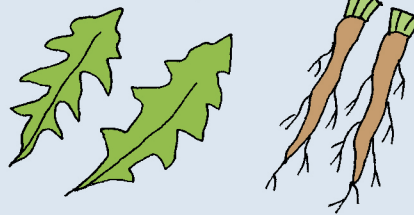
To be made  
between March  
and mid-May

## You will need:

- A helpful adult
- Basket (for collecting your wild ingredients)
- Gardening gloves (to protect your hands from stinging nettles)
- Knife
- Saucepan
- Water
- Sieve



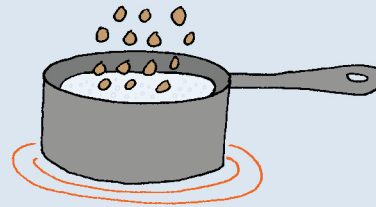
- 1 Pick light green dandelion leaves (not the dark older ones) and dig up roots.



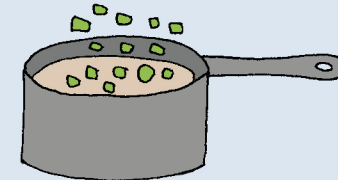
- 2 Wash and chop all dandelion leaves and roots (keep them separate).



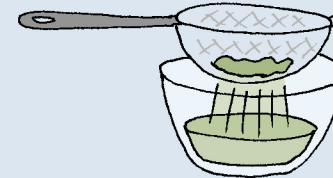
- 3 Bring one litre of water to the boil, reduce the heat and add two tablespoons of chopped dandelion root. Cover the pan and simmer for one minute.



- 4 Remove from the heat and add two tablespoons of chopped dandelion leaves. Allow the leaves to soak in the liquid for 40 minutes.



- 5 Using a sieve, strain the roots and leaves from the liquid.



- 6 Enjoy your healthy cup of wild dandelion tea!

