FREE

Dandelion Teas

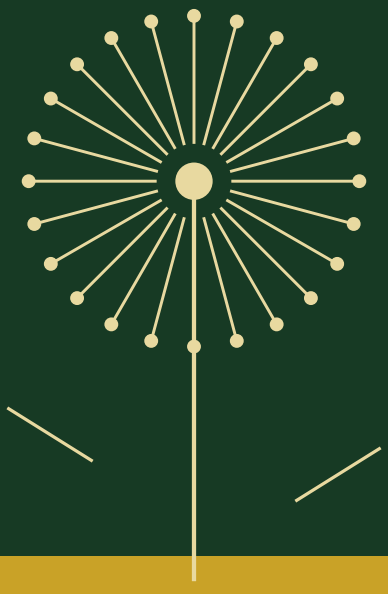
From Your Yard to Your Cup

A Free Guide from Rhodes Herbs

by Jeffery Rhodes El

RhodesHerbs.com | From Seed to Bottle

Simple recipes, honest flavor, and teas made to your taste.



Meet the Dandelion

If you have a yard, you probably already know the dandelion. It is the cheerful yellow flower that shows up in spring, turns into a soft white puffball, and sends its seeds floating off on the breeze. What many people do not know is that the whole plant has been brewed as tea for generations: the root, the leaf, and the flower have all found their way into the teapot.

Root or leaf? They make very different cups.

The root is earthy, toasty, and a little like coffee in character. It is best simmered gently on the stove, which brings out its deep flavor. Many people enjoy it roasted-style, dark and warming.

The leaf is lighter and grassier, a little like a green tea, with a gentle bitterness that wakes up the palate. It is best steeped like an ordinary tea, not boiled, so it stays bright.

People enjoy dandelion tea simply because it tastes good and feels like a wholesome, old-fashioned drink. This guide keeps to that honest ground: good flavor, simple preparation, and teas you can adjust until they suit you. It makes no promises about what any tea will do for you, and it is not medical advice.

A note before you brew

If you pick dandelion from your own yard, use plants from ground you know has not been sprayed with weed killer or fertilizer, away from roads and pet areas. Wash everything well. If you are not sure about a plant, buy dried dandelion root or leaf from a trusted herb shop instead. The recipes here use dried herbs, which are easy to keep on hand and simple to measure.

Brewing Basics

What you need

- Dried dandelion root and/or leaf (see each recipe)
- Fresh, good-tasting water
- A small saucepan with a lid (for roots) or a teapot or mug with a cover (for leaves)
- A strainer, and your favorite mug
- Optional: fresh mint, lemon, and honey, to taste

Two methods, and when to use each

Simmer (for roots). Roots are tough, so they need time in hot water to give up their flavor. Put the roots and water in a small saucepan, bring it to a gentle simmer, cover, and let it go for 10 to 15 minutes. Then strain and pour.

Steep (for leaves). Leaves are delicate. Pour just-boiled water over them, cover, and let them sit for 5 to 10 minutes. Then strain and pour. Longer steeping makes a stronger, more bitter cup; shorter steeping makes a lighter one.

A good place to start is 1 to 2 teaspoons of dried herb per cup (about 8 ounces) of water. Taste, then adjust. There is no single right strength. The right cup is the one you enjoy drinking.

1. Dandelion Root Tea

Earthy, toasty, and warming | Makes 2 cups

This is the classic dandelion tea, and the best place to start. Simmering the root brings out a deep, coffee-like flavor that many people love plain.

You will need

- 2 to 3 teaspoons dried dandelion root, lightly crushed
- 2 cups fresh water
- Honey or milk, if you like

How to make it

1. Put the root and water in a small saucepan.
2. Bring to a gentle simmer, cover, and simmer for 12 to 15 minutes.
3. Take off the heat and let it sit for 5 minutes.
4. Strain into mugs. Sweeten or add milk to your taste, or drink it plain.

2. Dandelion Leaf Tea

Light, grassy, and bright | Makes 1 cup

Leaf tea is the fresh-tasting side of dandelion. It is quick to make and easy to blend with other flavors, which makes it a favorite at tea parties.

You will need

- 1 to 2 teaspoons dried dandelion leaf
- 1 cup just-boiled water
- A squeeze of lemon or a little honey, if you like

How to make it

1. Put the leaf in a mug or teapot.
2. Pour the just-boiled water over it and cover.
3. Steep for 5 to 8 minutes.
4. Strain, taste, and add lemon or honey if you want.

3. Dandelion Root-and-Leaf Tea

The best of both | Makes 2 cups

This blend brings the root's depth and the leaf's brightness together in one cup. It is a good everyday tea, and the one many first-time dandelion drinkers come back to.

You will need

- 2 teaspoons dried dandelion root
- 2 teaspoons dried dandelion leaf
- 2 cups fresh water

How to make it

1. Simmer the root in the water, covered, for 10 minutes.
2. Take off the heat, add the leaf, cover again, and steep for 5 minutes.
3. Strain into mugs and enjoy. Adjust the balance next time: more root for depth, more leaf for brightness.

4. Dandelion and Burdock Root Tea

Deep, smooth, and old-fashioned | Makes 2 cups

Burdock root is another classic tea herb, and it pairs beautifully with dandelion root. Together they make a smooth, earthy tea that feels like something from a country kitchen.

You will need

- 2 teaspoons dried dandelion root
- 2 teaspoons dried burdock root
- 2 cups fresh water
- Honey, if you like

How to make it

1. Put both roots and the water in a small saucepan.
2. Bring to a gentle simmer, cover, and simmer for 15 minutes.
3. Let it sit for 5 minutes off the heat.
4. Strain into mugs and sweeten to your taste.

5. Dandelion Mint and Lemon Tea

Fresh, bright, and easy to love | Makes 1 cup

This is the crowd-pleaser: dandelion leaf lifted with mint and lemon. It is a wonderful tea to make together at a gathering, because everyone can adjust it to their own taste.

You will need

- 1 teaspoon dried dandelion leaf
- 1 teaspoon dried mint (or a few fresh mint leaves)
- 1 cup just-boiled water
- A slice of lemon and honey, to taste

How to make it

1. Put the dandelion leaf and mint in a mug or teapot.
2. Pour the just-boiled water over, cover, and steep for 5 to 7 minutes.
3. Strain, add a squeeze of lemon, and sweeten with honey if you like.
4. Serve warm, or pour over ice for a cool summer drink.

Make It Your Taste

At a Rhodes Herbs tea party, nobody hands you a fixed recipe and tells you to like it. We make teas together, taste as we go, and adjust the flavor to each person's palate. Then you take your favorites home. That is the spirit of this whole guide, and it is easy to do in your own kitchen too.

Try these adjustments

- Too bitter? Steep for less time, use a little less herb, or add honey and lemon.
- Too weak? Use a little more herb, or let roots simmer a few minutes longer.
- Want it richer? Add burdock root, or a splash of milk to a root tea.
- Want it fresher? Add mint, lemon, or a slice of ginger.
- Want it sweeter without sugar? A little honey goes a long way, and a pinch of dried hawthorn berry or holy basil can round out a blend.
- Making tea for friends? Brew a big pot, set out lemon, honey, and mint, and let everyone season their own cup. That is half the fun.

Keep notes on what you liked. Your favorite blend is worth remembering, and it is worth sharing.

A Few Cautions, in Plain Language

Dandelion tea is an old, familiar drink, and most people enjoy it without any trouble. Still, a few honest cautions belong in any guide like this.

- Talk to your doctor first if you are pregnant or nursing, take medication, or have a health condition. This matters for any herb, not just dandelion.
- Allergy: dandelion belongs to the daisy family. If you are sensitive to ragweed, chrysanthemums, marigolds, or daisies, be careful, and stop drinking it if it bothers you.
- Pick safely: only gather plants from ground you know is clean and unsprayed, away from roads and pet areas. When in doubt, buy dried herbs from a trusted source.
- Start small: try a small cup first and see how you like it before making it a daily habit.
- Listen to your body: if a tea upsets your stomach or does not agree with you, set it aside.

This guide is for education and enjoyment only. It is not medical advice, and it does not promise any health result.

About Rhodes Herbs

Rhodes Herbs is a small, community-minded herb business in Oregon. I grow the herbs myself, from seed, and make my herbal blends in small batches, by hand: from seed to bottle. The idea is simple. Good herbs, grown with care, shared with neighbors, and made affordable for everyday people.

Beyond teas, Rhodes Herbs builds herbal planter boxes in customers' yards, then processes and sells what grows in them, and hosts herbal tea parties with show and tell, music, dancing, karaoke, cards, and more. It is all part of helping the community.

Come to a Gathering

Every third Sunday of the month, our community gathers on Zoom for learning, conversation, and connection. Our theme is community healing through education and awareness. The next gathering is Sunday, November 15, 2026 (time to be confirmed). You are warmly invited.

Visit the Shop

You can find Rhodes Herbs tinctures and more at RhodesHerbs.com. Thank you for picking up this guide, and happy brewing.

Disclaimer: This guide is educational only. It is not medical advice, and its contents have not been evaluated by the FDA. Talk to your doctor about any herb, especially if you are pregnant or nursing, take medication, or have a health condition. Happy brewing, and take good care.

Jeffery Rhodes El, Founder, Rhodes Herbs | RhodesHerbs.com | From Seed to Bottle