

Dandelion_Coffee_2004.txt

here is an old recipe for making coffe from dandelion roots.

"I carefully washed the roots quite clean, with out depriving them of the fine brown skin which covers them, which contains the aromatic flavour which so nearly resembles coffee that it is difficult to distinguish it while roasting.

I cut my roots into small pieces, the size of a kidney bean, and roasted them on an iron baking pan in the stove oven, until they were as brown and crisp as coffee. I then ground and transferred a small cupful of the powder to the coffee pot, pouring upon it scalding water, and boiling it for a few minutes briskly over the fire. The result was beyond my expectations. The coffee proved excellent- far superior to the common coffee we procured at the stores."

from: "Roughing it in the Bush, or Life in Canada" by Susanna Moodie, 1852

has anyone out there ever tried this? my questions are:

when do you harvest the roots?
how long do the roasted roots keep?
what is in it ie. nutrionally?