

HOW TO MAKE DANDELION TINCTURE

Once the plants are washed, chop them really thoroughly to aid extraction and then pack them into a jar. I'm using a quart jar, but you can use a pint or a half gallon, whatever suits your needs.

Pack the chopped roots into a mason jar, and cover them with alcohol. Ideally, the jar is about 2/3 full of fresh roots (or freshly chopped whole plant) and then it's filled to within an inch of the top with vodka.

I like to use Smirnoff for my homemade tinctures because it's relatively cheap, but not so cheap that the tincture is hard to take. For your own use, choose the cheapest vodka that you'd voluntarily drink.

Allow the tincture to infuse in a cool dark place, giving it a shake anytime you remember. The dandelion root tincture needs at least a month to infuse, but ideally, 6 to 8 weeks to gain full potency. If you need the tincture sooner than that, you can buy prepared dandelion tincture online to tide you over while your own dandelion tincture is infusing.

Once the tincture is finished, strain it through a fine-mesh strainer, and store the tincture in amber dropper bottles.

DANDELION TINCTURE DOSAGE The book Backyard Medicine offers detailed recommendations for dandelion tincture dosage:

- General Health Maintenance ~ 1/2 teaspoon twice daily.
- Acute Skin Eruptions ~ 10 drops in water frequently throughout the day.
- For arthritis, gout, eczema, psoriasis & liver trouble ~ 1 teaspoon 3 times a day in water.
- Indigestion ~ 10 drops in water every hour until resolved.

DANDELION TINCTURE FORMULATIONS

Often tinctures of more than one plant are combined to create herbal formulations, and the benefits of one plant can be enhanced by a complimentary herb that helps promote the same goals.

Dandelion combines well with other bitter spring tonic herbs to help encourage the movement of lymph throughout the system, and promote energy and vitality.

HOW TO MAKE DANDELION TINCTURE

- To make a dandelion tincture, first, decide if you're making a dandelion root tincture or whole plant dandelion tincture
- Next, harvest the dandelions from a clean, unsprayed location that's far away from roads or other sources of contamination. If you've missed the season, you can buy dried dandelion root online.

You'll need about 2-3 plants per quart for whole plant tincture or about ten good-sized roots for plain root tincture.

- Thoroughly wash the dandelions, scrubbing to remove any dirt. While it's true that you will strain out all the plant material from your tincture before using, any dirt that's in there will impact the flavor. It doesn't "hurt" you in any way, as they say, "a little dirt don't hurt,"...but it doesn't taste good either. And, if there's a lot of grit in there, you should filter with cheesecloth rather than a plain fine mesh strainer so that you really pull it all out and just save the liquid in the end.
- Once the plants are washed, chop them really thoroughly to aid extraction and then pack them into a jar. I'm using a quart jar, but you can use a pint or a half gallon, whatever suits your needs.
- Pack the chopped roots into a mason jar, and cover them with alcohol. Ideally, the jar is about 2/3 full of fresh roots (or freshly chopped whole plant) and then it's filled to within an inch of the top with vodka.
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MATERIALS

- Dandelion Roots (or Whole Dandelion Plant, roots included) • Neutral Spirit (such as vodka)* TOOLS • Pint mason jar (or any other jar with a tight-fitting lid)
- Funnel
- Cheesecloth (or fine mesh strainer)
- Dark amber dropper bottles
- Adhesive label or masking tape (for labelling tincture)

INSTRUCTIONS

1. Fill a clean, empty mason jar 3/4 full of fresh dandelion roots or chopped whole dandelion plant, or 1/2 full of dried dandelion root. (Dried dandelion roots are often available from herbal supply shops.)
2. Cover the fresh or dried dandelion with alcohol, making sure the contents of the jar are completely covered.
3. Screw the lid on tightly and gently shake the contents of the jar. Place in a cool, dry location away from light, allowing the extraction to occur over the next 6 to 8 weeks.
4. Give the contents of the jar a gentle shake every couple of days.
5. Keep an eye on the alcohol level, adding more alcohol to cover the plant material if needed.
6. Once the tincture is ready to be decanted, line a funnel with cheesecloth and place the tip of the funnel into the neck of a dark amber glass bottle. Pour the solvent and the

dandelion flowers into the cheesecloth-lined funnel, pressing to make 1 sure all of the liquid makes it into the bottle.

7. Label the tincture with its contents, date of production, recommended dosages, and suggested usages. Store in a cool, dry area away from light.

NOTES *Tinctures are usually made with vodka as a neutral spirit, but you can also use brandy, whisky or any other high-proof alcohol. Finished tinctures need to be at least 25% alcohol for preservation, and fresh herbs contribute some moisture to the mix. Be sure you use something that's 60-proof or higher. Never use denatured alcohol or isopropyl alcohol to make tinctures, as it's unsafe for consumption.

To make an alcohol-free glycerite tincture (glycerite): cover dried plant material completely with a preparation of 3 parts glycerin to 1 part distilled water (instead of alcohol). Dried dandelion root is available from herbal supply stores, and is often used in place of fresh. If using fresh dandelion, use all glycerine and skip the water. As the glycerite tincture develops, it will need to be shaken every day. Proceed following the same directions as if making an alcohol based tincture.

Yield

1. The yield varies, but if you're using fresh plant material, you should expect to pull out ever so slightly more tincture than the vodka you add.
2. If using dried roots, the roots will absorb some and you'll get slightly less than the alcohol added. The amount of vodka will vary based on how tightly you pack the jar, but you should need about 2-3 cups of vodka for a quart jar.
3. Be sure the plant material remains submerged during infusion