

## Two Coffee Substitutes From Plants Around Us

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The American Beech Tree's nuts when taken out of the husks, roasted until dark and brittle, then ground, will make a fine coffee. Store this in an airtight container. They are best collected after the first hard frost when they normally drop to the ground. Once stored, they can be used all year round. You might have to fight the squirrels for them. Prepare normally.

Chicory coffee - remember that blue flower with almost leafless stalks that grow just about everywhere there's a road. They look like daisy's, but their petals are blue and are squared off at the ends. The white fleshy roots, roasted until dark brown and brittle, then ground, make an excellent coffee. Prepare like coffee. Use 1-1/2 tsp. per cup of water. Store in an airtight container. Use all year round.