

HERBAL TEAS

The perfect cup of herbal tea refreshes and heals while it quickens your senses with its delicious warmth, taste, and aroma. Unlike caffeinated black, green, or oolong teas, herbal teas don't darken as they become stronger; they usually remain light green or amber. Most herbal teas are made from leaves or flowers using the infusion method.

For each cup of tea, place 3 teaspoons crushed fresh herbs or 1 teaspoon dried herbs into an infuser (a screw-top or hinged container that has pin-size holes, shown below). Measure the cups of water into a pot, bring to a boil, then pour the water into a prewarmed teapot. Add the infuser, then steep until the tea is the strength you desire.

Suggested herbs for tea:

- Anise Hyssop
- Catnip
- Chamomile
- Echinacea
- Lemon Balm
- Lemon Grass
- Peppermint

