

LEAF TEAS:

Dried or fresh herbs, can be used, but , if dried, they should be kept in an airtight containers to retain freshness. It is preferable to make herbal teas in porcelain or glass containers. Just as ordinary tea suffers from being too long in the pot, so can an herbal tea. Overlong steeping can ruin a delicate flavor. If a stronger tea is desired, add more herb at the outset.

For average strength tea use 1-2 teaspoon dried or 3 teaspoons fresh herb per 1 cup of water. To steep, bring water to a boil, remove from heat, add herbs or place herbs in a cup and pour water over. Always cover the steeping vessel so as not to allow the volatile oil to escape. Approximate steeping time is 5 minutes.

SEED TEAS:

Teas from dried seeds are made by adding bruised seeds to a pan of boiling water and simmering for 5 minutes.

ROOT AND BARK TEAS:

Teas from roots and bark are prepared by boiling the cut and dried herb material in water for 10 to 15 minutes.

All teas can be sweetened with a spoonful of honey or a little sugar if desired.