

HERBAL TEAS FROM YOUR GARDEN

GENERAL GUIDE TO BREWING TEA

Taste is a personal preference. When trying any new tea, check frequently while brewing to avoid too strong or too weak a flavor.

Hot Tea (1 cup)

Ingredients: Dried herbs (See amount below) – For fresh herbs, typically plan to use more tea per cup – can be as much as 3 times as much as with dried herbs, but varies greatly by herb.
8-10 oz. water

Heat water to boiling, then remove from heat and let stand for ~15 seconds. Pour hot water over herbs and steep (see times below). Strain and serve in your favorite cup or mug.

Iced Tea (2 quarts)

Ingredients: 3 times as much herb as for 1 cup of hot tea
2 quarts water

Prepare as for hot tea, and steep for twice as long. Strain, and add cool water to make 2 quarts. Cool to room temperature, and serve over ice or refrigerate.

FEATURED HERBS (DRIED)

HERB	LATIN	FOR HOT TEA	STEEP (MINS.)
Anise Hyssop	Agastache foeniculum	1 tsp	3-5
Lemon Verbena	Aloysia citriodora	1 tsp	5
Tea, Green or Black	Camellia sinensis	1 tsp	4-5
New Jersey Tea	Ceanothus americanus	1 Tbsp	10-15
Lemongrass	Cymbopogon citratus	1 tsp	3-5
Chamomile, German	Matricaria recutita	1 tsp	3-5
Peppermint	Mentha piperita	1 tsp	3-5
Spearmint	Menta Spicata	1 tsp	3-5
Wild Bergamot	Monarda fistulosa	1 tsp	3-5
Sweet Cicely	Myrrhis odorata	1 tsp	3-5
Pineapple Sage	Salvia elegans	1 Tbsp	10-20
Betony	Stachys officinalis	1 tsp	5
Thyme, Lemon	Thymus citriodorus	1 tsp	10-15

HERBAL TEA GARDEN BLENDS

<ul style="list-style-type: none"> • Lemon Verbena • Lemon Thyme • Lemongrass 	<ul style="list-style-type: none"> • New Jersey Tea • Betony • Sweet Cicely 	<ul style="list-style-type: none"> • Lemongrass • Ginger • Chamomile
<ul style="list-style-type: none"> • Pineapple Sage • Sweet Cicely 	<ul style="list-style-type: none"> • Betony • Orange or Lemon Thyme 	<ul style="list-style-type: none"> • Wild Bergamot • New Jersey Tea • Anise Hyssop
<ul style="list-style-type: none"> • Peppermint/Spearmint • Ginger • Lemon Verbena 	<ul style="list-style-type: none"> • Pineapple Sage • Orange Thyme 	<ul style="list-style-type: none"> • Wild Bergamot • Anise Hyssop • Ginger
<ul style="list-style-type: none"> • Chamomile • Spearmint/Peppermint • Anise Hyssop 	<ul style="list-style-type: none"> • Ginger • Lemongrass • Betony 	<ul style="list-style-type: none"> • Orange or Lemon Thyme • Peppermint/Spearmint