

## Making Herbal Teas:

Use approximately 1 teaspoon of dried herb, or 2 teaspoons of fresh herb, per cup of water. ***This is only an approximation!*** Different people have differing tastes in the strength of the tea. Bitter herbs do not require a full teaspoon and very intense herbs like cayenne need only a few grains for an effective tea.

1. Use moderately warm water for herbs which contain volatile oils. Herbs containing volatile oils are frequently made from the blossom part of the plant, but not always. Examples of herbs containing volatile oils, which are not entirely blossoms, are peppermint, spearmint, and catnip. Using warm, instead of boiling, water makes a light colored, but extremely potent tea.
2. For most other herbs, bring the water to a boil and pour the water over the herb. Let steep for a few minutes, then strain. Do not put the herb into the water and then bring to a boil. If you do not watch the water/herb mix closely and it comes to a rolling boil, the medicinal properties of the herbs will be destroyed. I like to steep teas with a lid on to preserve as much of the volatile oils and medicinal properties as possible.
3. For roots, place in the water and bring to a boil. Simmer gently for 2-3 minutes. When in doubt, or when making a recipe that contains both roots and leaf herbs, use method #2.

Clear soft rain water, distilled water, or water that has been effectively filtered, makes the best tea. Water without chlorine or other chemicals is absolutely essential for poultices. Chlorine and other chemicals destroy most of the medicinal properties of the any herb. Hard minerals can also interfere with the solubility of some of the nutrients. If the nutrients do not pull out of the herb and into the water, they are not available to you when you drink the water.

Do not leave a tea to steep or simmer in a metal pot. Occasionally, the herb will react unfavorably with the metal. Glass is much preferred. Some people use a drip coffee pot to make tea. The water drips through the herbs, not allowing the tea to steep, but it seems to make a very tasty and quite potent brew anyway. It is an easy, no mess, no fuss method.

Recommended dosage for a tea that you are taking for medicinal purposes is usually one cupful three times per day. If you are drinking herbal teas for the nutritional value, even 1 cup of tea every day would provide many nutrients that we are all missing to some extent or another.