

01

**Reason**

Try to seek the reason and knowledge to why you're making a herbal tea. Is it for **medicinal purposes** or for a **refreshing drink**?

02

**Caution**

Natural or herbal is **NOT** synonymous with safe. Always make yourself aware of possible side effects of certain herbs.



03

**Newbies**

Start simple! - Herbal teas made from **one** herb is called a '**simple**' which is the best way for you to recognize its healing action and how your body responds to it.

04

**How Much?**

2 teaspoon **DRIED HERBS**
3-4 teaspoon **FRESH HERBS**
per 300ml/10oz cup boiled water.



05

**How Often?**

Ideally make it when needed. Can be stored in fridge for 2 days. If it starts to bubble or taste odd, then bin it!

06

**Methods**

Infusion - quickest and easiest method using 'softer' parts of plants such as the leaves, flowers or stems.

Decoction - more time consuming method using 'harder' parts of plants such as the bark, twigs, seeds or roots.



07

**What To Use?**

Just need a lid/cover to steep and infuse the goodness.

AVOID metal as can interfere with purity of the tea. Bamboo, ceramic or glass best.

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**How Long?**

Steep 10-15 minutes.



09

**Strain & Serve**

Squeeze out any excess from the teabag or through a sieve when serving to get more of the herbs potency.

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**To Sweeten or To Taste**

To sweeten - **Honey** is best.

To Taste - Mint, Lemon, Lime, Orange, Cinnamon or Aniseed.

