



Herbal Tea Recipes



Patty's Plants

Iced Teas

Herbal Sun Tea

Use any of these combinations:

*1/2 c. each of fresh leaves & flowers of Peppermint, Bee Balm, and Applemint

*1/2 c. each of fresh chamomile flowers, lemon balm or lemon verbena, and spearmint leaves

*1/2 c. each of peppermint, rosemary and lemon balm leaves

To either one of these combos add 3-4 green tea bags and 3 sage leaves

Wash herbs well and put into a clean wide-mouth jar.

Cover, place in the sun for 6-8 hours, shaking or stirring occasionally.

Strain the tea, honey, sugar or stevia to taste.

Pour over ice, add some fresh herbs for garnish

Sweet Liber-Tea

To celebrate this 4 of July, brew up some "Liberty Teas".

5 sprigs spearmint

3 sprigs applemint

2 sprigs red bee balm flowers

1 sprig peppermint

Pour 10 cups of boiling water over slightly bruised fresh herbs.

Steep 15 minutes.

Strain and pour over ice.

Hot Teas

*1 cup fresh peppermint, lemon balm, or lemon verbena or

1/4 cup fresh lemon thyme plus 3 leaves spearmint

You may mix with 1 T of green or black tea or one tea bag

1 quart boiling water

Put herbs in a teapot and add boiling water. Let steep 3 minutes before serving & strain.

Note: The measurements of the herbs are flexible; depending on the freshness and strength of the herbs, you may need to add or subtract.

Patty's Spicy Winter Tea

1 t green tea or one green tea bag

1t chocolate mint (2 t fresh)

1t peppermint (2 t fresh)

1t orange mint (2 t fresh)

1t anise hyssops (2 t fresh)

Dash of powdered cinnamon

Cover with 6 cups of hot water and steep for 3-5 minutes & strain.

Note: For all of the herb recipes above the measurements of the herbs are flexible; depending on the freshness and strength of the herbs, you may need to add or subtract.