



BREWING THE PERFECT POT OF TEA

Herbal teas have the best flavor when brewed lightly and delicately.

1. Store your dried leaves as whole as possible.
2. Try never to crush your leaves until you are ready to make your tea.
3. For a 6 to 8 oz cup of tea, you will use 1 teaspoon of dried tea leaves or 1 tablespoon of fresh tea leaves. More or less to adjust to your own taste.
4. Heat the fresh water (always use fresh) to a boil, never over boil the water. Then choose your favorite whether it is a tea bag, tea ball, etc. and pour the water in the tea pot.
5. Let the tea steep for 3 to 5 minutes.
6. Pour into cups and add either lemon, honey, sugar , milk or nothing at all.
7. Drink and enjoy sitting in your very own herbal tea garden!