

Herbal Tea Recipes

Many of you are growing herbs for cooking with, but have you thought about using them for making your own tea mixes? Making your own tea mixes, you can discover new, satisfying blends that suite yours taste. For that extra accent, add small amounts of dried fruit, peel, toasted nuts or even whole spices.

All the recipes below call for dried ingredients, so you will have to dry you fresh herbs in a hydrator first. If you don't have a hydrator, then you can use fresh dried herbs bought from your local store. The recipes will yield 6 cups of tea. Use one tablespoon of dried herbs per cup, plus one for the pot. If you decide to use fresh leaves or flowers instead of dried, triple the amount. Pour boiling water over the herbs, cover and let steep three minutes. Herb teas are naturally pale. Sweetening with honey darkens them and adds body. Lemon juice bleaches the color, try rose hips instead. Peppermint, betony and sunflower teas take a little milk.

Mint Mania

- 3 tablespoons peppermint leaves
- 1 tablespoon catnip leaves
- 1 tablespoon rose petals
- 1 tablespoon lemon verbena leaves

Orchard

- 3 tablespoons chamomile flowers
- 2 tablespoons lemon verbena leaves
- 1 tablespoon fennel seed
- 1 teaspoon crushed coriander seed
- 1 teaspoon snipped dried apricot

Bistro

- 4 tablespoons toasted sunflower hulls
- 4 teaspoons fennel seed
- 4 teaspoons orange rind (colored part only)

Maytime

- 3 tablespoons chamomile flowers
- 1 tablespoon bee balm leaves
- 2 teaspoons rosemary leaves
- 2 teaspoons crushed coriander seed
- 2 teaspoons peppermint leaves

