

Herbal Tea

Season: All

Makes: 30 tastes or 6 serves at home

Fresh from the garden: edible flowers and seasonal herbs (see suggestions below)

Suggestions by season:

- **Spring:** 2 tbsp chamomile flowers and buds, 1 cinnamon stick, juice of a lemon, 1 tbsp lemon verbena, 2 tbsp pineapple sage, 2 tbsp mint, 1 tbsp nasturtium flowers.
- **Summer:** 2 tbsp chamomile flowers and buds; juice of a lemon; 2 tbsp chopped lemongrass, white part only; 2 tbsp mint.
- **Autumn:** ½ cup lemon verbena, 2 tbsp marigold flowers, 1 cup mint, juice of an orange, 1 tbsp pansy flowers.
- **Winter:** 2 tbsp chopped lemongrass; 2 tbsp mint; thumb-sized piece of ginger, grated; 2 tbsp calendula flowers.

EQUIPMENT

metric measuring jug and spoons
scissors
juicer
grater
large kettle or deep saucepan
fine-meshed strainer
large jug or teapot
tea cups

INGREDIENTS

seasonal herbs and edible flowers
(see suggestions by season)
2 L water

WHAT TO DO

- Prepare all the ingredients based on the instructions in the seasonal ingredients list.
- Boil the water in a large kettle or in a deep saucepan.
- Put the herbs into the boiling pot of water and let steep for about 5 minutes.
- Allow to cool and pour through a strainer into a large jug or teapot.
- Serve in individual tea cups, scattered over with a pretty mix of edible flowers.

