

THE ART OF MAKING TEA

There are many different ways to make a tea. Pick the one that you like best!



Jar Method: Put 1/4 to 1/2 cup dry herb in the bottom of a quart jar and cover with boiling water, allow to steep for 15 to 30 minutes or so. The longer your tea steeps, the stronger the tea will be. Strain and enjoy throughout the day.



French Press Method: Similarly, you can brew loose dry herbs in a french press. The press does the work of straining the herbs for you. They stay in the bottom of the pot and are much easier to discard.



Percolator Method: If you have a coffee percolator (not a drip brewer such as Mr. Coffee) put the herbs in the basket and brew. If you like having hot tea to drink throughout the day, this works well. It's my favorite way to prepare tea.



Solar Method: If you like, you may also harness solar energy to make a refreshing sun tea. Place the herbs in a large glass jar and cover. Place in direct sunlight and leave for several hours or until the desired flavor is attained. There is nothing quite like the taste of sunshine brewed with herbs to lift the spirits.



Moon Tea: Fill a large glass container with water and herbs. Set container outdoors in the evening in a place that will receive the glow from the moon. Enjoy your slumber while the moon shines.



Strong Medicinal Infusion: An infusion is a large amount of herb brewed for a long time. Typically, one ounce by weight (about a cup by volume) of dried herb is placed in a quart jar which is then filled to the top with boiling water, tightly lidded and allowed to steep for 4-10 hours. After straining, a cup or more is consumed, and the remainder chilled to slow spoilage. Drinking 2-4 cups a day is usual. Since the minerals and other phytochemicals in nourishing herbs are made more accessible by drying, dried herbs are considered best for infusions.



Herbal Decotions: Use 1/4 cup herb to 1 quart of cold water. Add the herbs and cold water to a pot. Place that pot on the stove and bring up to a gentle simmer. Put a lid on the pan and lightly simmer for 15 minutes. Remove from the heat and let your decoction cool to drinking temperature. Finish up by straining out the herbs. You can often use these same herbs to brew up a new batch of decoction 2x as long as the decoction is still strong after brewing.

You may add honey and/or lemon, maple syrup, or whatever you like to the tea. Fresh herbs such as mint or lemon grass are often a welcome addition. Now sit, sip and enjoy!



**"Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves-slowly, evenly, without rushing toward the future; live the actual moment. Only this moment is life."
Thich Nhat Hanh**