



Seasonal Eating Demo with Rhonda Simmons & Carol Muncer Open Farm Day - September 21, 2024

How to make your own Herbal Tea blend

1-3 teaspoons of dried herb (double if fresh) or blend per cup of water, use freshly boiled water to pour over the herbs. Infuse covered for 5 mins or so (roots and tough herbs and leaves may need to infuse for longer], strain and serve.

Tea blending, suggested formula: 3 parts base + 1-2 parts star ingredient + ¼ -1 part accent.

A common tea base for making your own tea blend comes from the tea plant (*Camellia sinensis*) that give us black tea along with a large variety of teas processed differently to give different flavor profiles. Use black, green or any other variety to suit your taste or use a herbal option below.

Mellow herbs (base)

- Chamomile
- (pepper)mint
- lemon balm
- linden flowers
- nettle
- raspberry leaf
- holy basil

Stronger herbs (the star ingredient)

- Thyme
- rosemary
- valerian

Very strong herbs (accent flavor)

- citrus peel (citrus)
- cinnamon (warm)
- rosehip (floral & tangy)
- ginger (spicy)
- cardamom (warm)
- lavender (floral)
- fennel seed (licorice)

Citrusy Flavors:

- Lemon balm
- lemon verbena
- lemon peel
- orange peel
- lemongrass
- lemon thyme

Minty Flavors:

- Mint
- spearmint
- peppermint
- catnip
- bee balm

Floral Flavors:

- Chamomile
- hibiscus
- rosehip
- rose petals
- lavender
- elderflower

Warm and spiced Flavors:

- Turmeric
- cinnamon
- cardamom
- ginger