



# Herbal Tea

## Suggestions of flowers by seasons

**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:** 1/2 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

## INGREDIENTS:

- Seasonal herbs and edible flowers
- 2L water

## METHOD:

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