

A copper teapot with a wooden handle is pouring tea into a white ceramic mug with a floral pattern. The background is a blurred green plant.

# 10 Wintertime Tea Recipes

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*by Friends of  
the Herbal Academy*



## *In honor of our 10-year anniversary and the community that has supported us every step of the way.*

As we celebrate our 10-year anniversary, we're reflecting on two of the major themes that have guided our school's mission over the years—**accessibility** and **affordability**. Nothing represents this better than a warm cup of herbal tea. The “gateway to herbalism,” tea is an accessible herbal preparation that only requires clean hot water, a mug, and knowledge of the herbs outside your door.

Because a simple cup of tea requires so few ingredients, it can also be affordable, especially when made with homegrown or locally foraged herbs. No wonder herbal tea has withstood the test of time!

**Since time immemorial, folks have graciously shared tea together at tables, campfires, bedsides, and gatherings.** A simple cup of tea offers comfort, love, and community steeped in tradition and herbal lore, and it's oftentimes that first sip of chamomile or peppermint tea—and the feelings of comfort that follow—that sparks a deep desire in soon-to-be herbalists to learn more about the plants' supportive properties.

To celebrate our **10-year anniversary**, our mission of accessible, **affordable herbal education**, and the incredible **herbal community** that we're a part of, we've asked 10 all-star herbalists and Herbal Academy friends to contribute an original wintertime tea recipe to this free ebook. Their personal stories and unique blends bring you right into their herbal homes and **offer an inspiring peek into the many ways that an herbal education can be used to formulate original, delicious, and timeless recipes.**

We hope you find as much joy in these recipes as we have, and we thank you from the bottom of our hearts for being on this journey with us.

Xoxo,

*Team Herbal Academy*

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# A Guide to Measuring in Parts

Many of the recipes in this ebook use “parts” so that you can choose to make as much (or as little) of these recipes as you choose. A **“part” is any form of measurement used to dole out the ingredients in a given recipe.** Parts in herbal recipes can be measured out by volume or by weight. Weight measurements include ounces, pounds, and grams, while volume measurements include cups, tablespoons, and teaspoons. You simply choose the measurement you want to use and stick to that measurement through the recipe.

For example, let’s say you are making a tea recipe that is given in parts such as 2 parts lemon balm (*Melissa officinalis*), 1 part spearmint (*Mentha spicata*), and ½ part rose (*Rosa* spp.).

**You could brew up one big cup of tea to enjoy from this recipe** by using a teaspoon as the part, for example:

2 teaspoons lemon balm	1 teaspoon spearmint	½ teaspoon rose
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Or you could **mix together a large quantity of these herbs** to make a dried tea blend to share with friends or set aside to enjoy in the future using cups as your measurement:

2 cups lemon balm	1 cup spearmint	½ cup rose
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You could apply this same concept **using ounces by weight as the measurement:**

2 ounces lemon balm	1 ounce spearmint	½ ounce rose
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**Using parts in herbal recipes as a measurement is a simple way to enjoy herbs, allowing for flexibility and ease in herbal crafting.** And now that you know how to make recipes with parts as the given measurement, it’s time to get busy whipping up some delicious wintertime tea recipes!

(For more information about measuring with parts, see our blog post [“What Exactly are ‘Parts’ in Herbal Recipes?”](#))



# Rainbow Tea

by Anna Booth Cohen of @Herbalist\_Uprising

When I make tea, the first question I ask myself is how I want to feel. I want to feel open-hearted. I want to be relaxed and at ease, yet awake and alive. I want to be able to access the joy of summer even in the coldest days of winter. The second question I ask myself is how I can make these feelings palatable. From there, I developed Rainbow Tea—a mix of rose, safflower, chamomile, tulsi, and cornflower.

I served this tea at my late September wedding and will think of the magic and energy of that moment each time I drink it. A rainy night opened into a beautiful, sunny day, and the spirit of the rainbow shone through as I married my wife.

Think of this tea as a rainbow that lights up the sky after a passing shower. I hope it brings some brightness to your winter as a splash of color on a gray day.



## INGREDIENTS

- 2 parts dried rose (*Rosa* spp.) petal
- 1 part dried safflower (*Carthamus tinctorius*) petal
- 1 part dried chamomile (*Matricaria chamomilla*) flower
- 1 part dried tulsi (*Ocimum* spp.) leaf and/or flowering tops
- ½ part dried cornflower (*Centaurea cyanus*) petal

## DIRECTIONS

Determine how much tea you would like to make, and then assign your “parts” accordingly (see instructions on Page 3 for more details).

Combine all of the herbs and mix well. If you’re making a bulk batch, transfer the blend to a storage container, label, and store in a cool, dark location.

To brew a cup of tea, add 2 tablespoons of the tea blend per strainer/mug.

Cover with 8-12 fluid ounces of just-boiled water and steep, covered, for 5-10 minutes.

Remove the tea strainer and enjoy!



*Anna Booth Cohen is an herbalist based out of Providence, RI, who offers herbal consultations, workshops, and handmade products. Her mission is to help people increase their agency over their wellness through connection with their plant allies. Follow Anna on Instagram @Herbalist\_Uprising or visit her website at [www.HerbalistUprising.com](http://www.HerbalistUprising.com).*

# Forest Tea

By Cat Seixas of @TheOliveTreesAndTheMoon

The forest and hill that I call home inspire me endlessly. As the seasons change throughout the year, there are different herbs and scents keeping me company and, as a folk herbalist, most of my herbal adventures are informed by what grows around me and how the people of this region have found support in our plant allies. These people include my paternal grandmother, who dwelled in these hills.

Taking notice of what grew around her, too, every winter she brewed her family cups of pine needle tea to help ward off colds and respiratory infections. Even though she couldn't read or write, firsthand experience and passed-down knowledge told her she was doing something right. In fact, pine needles are high in vitamin C and count expectorant and decongestant properties among their actions.

This tea recipe is deeply inspired by her, with a couple of herbal additions for a warming and aromatic blend.

**Note:** If you're foraging for pine needles, always make sure to properly identify trees. Most pine trees (*Pinus* spp.) are safe to use, but there are exceptions, such as the ponderosa pine (*Pinus ponderosa*). Remember that not all conifers are pines, which are distinguished from other conifers by their needles. Pine needles are bundled in clusters of 1-6, most commonly 2-5. Many pines have long needles, but there are some varieties with short needles too.

## INGREDIENTS

2 tablespoons fresh pine (*Pinus* spp.) needle, gently crushed (I use *Pinus pinaster*, which is native to my region)

1 fresh orange (*Citrus* spp.) peel

1 cinnamon (*Cinnamomum* spp.) stick

Local honey (optional)

## DIRECTIONS

This recipe is best to make fresh with zingy pine needles and still-juicy citrus peels. It makes one teapot's worth of tea, but feel free to double (or triple!) the recipe to make a large batch, which will stay fresh in the refrigerator for up to 24 hours.

Add all of the ingredients to a teapot.

Fill your teapot with just-boiled water; then cover and steep for 15-20 minutes before straining.

Sweeten with local honey, if desired, and enjoy!





*Cat Seixas is a gardener, forager, maker, folk herbalist, writer, knitter, and land steward who lives in the hills of Western Iberia. We're honored to have Cat as a member of the Herbal Academy marketing team, where she helps lead collaborations and inspire community. Follow Cat on Instagram @theOliveTreesAndTheMoon, visit her website [www.TheOliveTreesAndTheMoon.com](http://www.TheOliveTreesAndTheMoon.com), and read her Herbal Academy Student Feature, [here](#).*



# Camaraderie in a Cup

By Farai Harreld of @TheHillbillyAfrican

Other than black tea, I can without a doubt say that I grew up on rooibos (*Aspalathus linearis*) tea. The sweet, rich, vanilla scent conjures up memories of spongy fresh bread still warm from the bakery that was a quick walk from our home in Gaborone, Botswana. Better yet, when we traveled back home to Zimbabwe, our cups of rooibos were topped with fresh milk from the milkman and were accompanied with dark and rich rye bread from the tuck shop down the street. I remember the clink of our enamelware cups and shared laughter. Tea is sacred to my people, and without even knowing it as a child, I was partaking in a mineral-rich, heart-healthy, and anti-inflammatory plant ally that still soothes and warms my heart to this day.

Drinking rooibos now as an adult still brings back the feeling of community and camaraderie that I experienced as a child. The connection that I have to this plant, the aromatics, alongside its medicinal properties, bind me to it across continents, just like my predecessors wove it into their existence. As a child of the African diaspora, whenever I am looking for something comforting, nourishing, familiar, heart warming, and grounding, I look to herbs like rooibos, hawthorn, and rose. These seemingly simple herbs are woven into the fabric of our everyday lives, quietly grounding, holding, and supporting us in the day-to-day.

## INGREDIENTS

2 parts dried rooibos tea (*Aspalathus linearis*) leaf  
1 part dried rose (*Rosa* spp.) petal  
½ part dried hawthorn (*Crataegus* spp.) berry

## DIRECTIONS

Determine how much tea blend you would like to make, and then assign your “parts” accordingly (see Page 3 for more detailed instructions).

Combine all of the herbs and mix well. If you're making a bulk batch, transfer the blend to a storage container, label, and store in a cool, dark location.

To brew a cup of tea, add 1 tablespoon of the tea blend per strainer/mug.

Cover with 8-12 fluid ounces of just-boiled water and steep, covered, for 5 minutes.

Remove the tea strainer, add cream and a dash of sweetener (optional), and enjoy!





*Farai Harreld is a postpartum doula, folk herbalist, urban homesteader, writer, and caregiver. She was born in Zimbabwe, raised in Botswana, and is currently living and loving on Kaw and Osage land in so-called Kansas. Find her over on Instagram at @TheHillbillyAfrican or at [www.FaraiHarreld.com](http://www.FaraiHarreld.com).*

# Home Sweet Home Tea

By Heather Skasick of @PantryPotions

The smell of home and childhood, for me, is the warming, sweet embrace of cinnamon. My mom would always have little cinnamon sticks hung throughout the house and candles that wafted the spicy aroma that I now lovingly connect to growing up. When the mornings are quiet and a chill rolls through the open window, this is the recipe I turn to. A sip of this tea is like getting a distant hug from my mom who lives in another state.

When making this recipe, I love the way the cinnamon milk bubbles and swirls, creating a beautiful liquid full of flavor. Chamomile is easy to find and a family favorite, so it's no wonder I like to merge the two worlds! And finally, I add a few orange slices to my brew for a pop of citrus flavor and to help support the calming benefits of chamomile.



## INGREDIENTS

### Tea

2 teaspoons dried chamomile (*Matricaria chamomilla*) flower

2 fresh orange (*Citrus* spp.) slices

### Cinnamon milk

½ cup (4 fl oz) milk of choice

A dash of cinnamon (*Cinnamomum* spp.) powder

## DIRECTIONS

Because this recipe uses fresh, juicy citrus slices, it's best to whip up the simple ingredients in the moment. It will make 12 fluid ounces of tea (roughly 2 mugs), but feel free to double (or triple!) the recipe to make a large batch, which will stay fresh in the refrigerator for up to 24 hours.

Combine the chamomile and orange slices with 12 fluid ounces of just-boiled water in a French press or teapot.

Let the tea steep for 5-7 minutes, covered.

While the tea is steeping, combine the milk of your choice and cinnamon powder in a small saucepan over low heat. Bring to a simmer, but do not scald.

After the tea is finished steeping, divide the liquid between two mugs and top with a big splash of cinnamon milk, creating a perfect cup of herbal goodness.



*Heather Skasick is a budding herbalist who shares her journey with the intention of showing others that you don't need to have a background in gardening or wellness to begin enjoying the benefits that herbalism has to offer. She shares beautiful step-by-step recipes and plant projects on her Instagram @PantryPotions and on her website [www.PantryPotionsRecipes.com](http://www.PantryPotionsRecipes.com).*

# Moon Milk Tea

By Jessica Lewis Stevens of @SugarHouseWorkshop

A brew for the time of year when we find ourselves turning in and cozying up, this Moon Milk Tea is a warming balm for the dropping temperatures and a siren's call for good, nourishing rest. This tea is made as a concentrate, so you can steep a large batch when you have a moment and store it in a large jar in the refrigerator to make a mugful whenever rest is calling. It will last 1-2 days stored this way and will make at least 8 servings (more for smaller mugs).

Warm milk and honey have a way of making heads feel serenely heavy, and the addition of soothing herbs and scents like lavender, vanilla, and the sweet mintiness of tulsi make this an especially restful brew.



## INGREDIENTS

- 1 teaspoon dried lavender (*Lavandula* spp.) flower bud
- 2-inch piece fresh turmeric (*Curcuma longa*) rhizome, sliced (if fresh isn't available, use a heaping ½ teaspoon dried and powdered turmeric)
- 2 cinnamon (*Cinnamomum* spp.) sticks
- 1 vanilla (*Vanilla planifolia*) bean (or 1½ teaspoons vanilla extract, added later)
- 3 tablespoons dried tulsi (*Ocimum* spp.) leaf and/or flowering tops
- Milk and sweetener of your choice (optional)

## DIRECTIONS

Because this recipe features fresh turmeric root and vanilla bean, it's best to combine the ingredients in their fresh form, rather than using "parts" to make a large, mixed batch for storage. If you end up falling in love with the recipe, then you can brew a double (or triple!) batch and freeze some for later.

In a medium-sized saucepan, combine the lavender, turmeric, cinnamon sticks, and vanilla bean (if using vanilla extract, do not add yet) with 6 cups of water and bring to a boil.

Reduce heat to medium-low and hold at a low simmer for 20 minutes, covered.

Add the tulsi and simmer for another 5 minutes, covered.

Remove from heat and stir in the vanilla extract, if using. Cool slightly before straining into a large glass jar. After the tea has reached room temperature, cap the jar and store in the refrigerator.

To make a cup of Moon Milk Tea, combine equal parts tea concentrate with milk of your choice along with a spoonful of honey or maple syrup to taste. Warm gently over low heat and serve hot.



*Jessica is a quilter, baker, and mother who finds inspiration in seasonal living, including gathering herbs and crafting herbal recipes from her home in Vermont. On her website, [www.SugarHouseWorkshop.com](http://www.SugarHouseWorkshop.com), she offers handmade quilts, books, and more alongside the free recipes and musings in her online journal. Follow Jessica on Instagram @SugarHouseWorkshop.*

# Immune-Supportive Wild Foraged Tea

By Johanna Koen of @Foraging.Gardener

This wild foraged tea is relatively accessible and easy to replicate. Sustainable foraging is how I connect to the local landscape, plants, and fungi. Carefully gathering these ingredients for the winter days ahead is a beautiful way to capture the essence of a season.

Turkey tail is a widely distributed polypore mushroom commonly found on hardwood logs. It often grows in abundance and has fantastic immune-supportive properties. Similarly, elderberries are immune stimulating and a popular herb to help bolster the immune system's natural response to illness. Larch and pine needles are rich in vitamins and, when used in tea, may help ward off colds or the flu. With a little bit of honey, this tea is a perfect pick-me-up during the cold and dark winter days.



## INGREDIENTS

1 part dried turkey tail (*Trametes versicolor*) mushroom (½ part if you powder it rather than cut into pieces)

1 part dried or fresh larch (*Larix* spp.) or pine (*Pinus* spp.) needle (make sure you identify your pine species correctly—not all pines are edible)

½ part dried elder (*Sambucus canadensis* or *S. nigra*) berry

Honey, to taste

## DIRECTIONS

Determine how much tea blend you would like to make, and then assign your “parts” accordingly (see Page 3 for more detailed instructions).

Combine all of the herbs and mix well. If you're making a bulk batch, transfer the blend to a storage container, label, and store in a cool, dark location.

To brew a batch, add 1 tablespoon of tea blend per 8 fluid ounces (1 cup) of water to a saucepan.

Simmer over low heat, covered, for 5-10 minutes. (You could also separate the mushrooms and decoct them for much longer (up to 8 hours) to extract more beneficial compounds (polysaccharide-K, beta-glucans, amino acids, and a range of vitamins and minerals) before adding the other ingredients, although be sure to add more water if you do this so it doesn't all boil away!)

Strain into your mug(s), sweeten with honey (optional), and enjoy!



*Johanna is a community gardener, horticulturist, and forager based in Edinburgh, Scotland. She also works as a botanical illustrator and likes to dabble in various arts and crafts, such as natural plant dyes, cordage making, and weaving. Find her on Instagram @Foraging.Gardener.*



# Winter Tea

By Kristi Reed of @WindyPeakVintage

Winters can be long and brutal here in Montana. We spend a lot of evenings sipping tea and keeping the fire going. When pulling herbs from the pantry to make a tea blend, we always go for the roots. There is something really grounding about the roots, and knowing that we harvested the dandelion and burdock in the spring gives us hope for the season ahead.

We like to mix elderberries and rose hips into the blend for their immune-supportive qualities. The kiddos help harvest them on our fall hikes and love the idea of drinking tea from herbs they picked by hand. To top it off, I sprinkle some rose petals in at the end, because we can all use a little extra love in the winter.



## INGREDIENTS

1 part dried, chopped dandelion (*Taraxacum officinale*) root

1 part dried, chopped burdock (*Arctium lappa*) root

½ part chopped or powdered dried ginger (*Zingiber officinale*) rhizome

1 part dried elder (*Sambucus canadensis* or *S. nigra*) berry

1 part dried rose (*Rosa* spp.) hip

½ tablespoon dried rose (*Rosa* spp.) petal, added later

## DIRECTIONS

Determine how much tea blend you would like to make, and then assign your “parts” accordingly (see Page 3 for more detailed instructions).

Combine all of the herbs except the rose petals and mix well. If you’re making a bulk batch, transfer the blend to a storage container, label, and store in a cool, dark location.

To brew a batch, add 4.5 tablespoons of the tea blend to a saucepan with 32 fluid ounces (1 quart) of water.

Slowly bring to a boil and let simmer for 20-30 minutes.

Turn off the heat, add ½ tablespoon of rose petals to the pot, cover, and let sit for another 5 minutes.

Strain the plant material from the liquid, sweeten if desired, and enjoy!



*Kristi is a mother, vintage shop owner, chicken keeper, herbal student, doula, and goat lover. Her family lives on a few acres in a valley just north of Yellowstone National Park. Kristi lives very seasonally and after a long winter, springtime is always her very favorite. Find Kristi on Instagram @WindyPeakVintage or online at [www.WindyPeakVintage.com](http://www.WindyPeakVintage.com).*

# Mushroom Berry Tea

By Stephanie Pavelko of @MyTinyLagunaKitchen

Our family spends winter between the Midwest and the West Coast. Therefore, I love to make a tea that is easy for us to travel with, yet accessible enough to find the ingredients. In the fall, we forage for most of the ingredients.

Making the tea is a delicious and memorable experience to look back on. This Mushroom Berry Tea is completely caffeine free and a wonderfully warming immunity builder with a little help from our friends reishi, elderberry, rosehip, and ginger. Feel free to add a touch of honey if you are leaning a bit more on the sweeter side of life!



## INGREDIENTS

2 parts dried elder (*Sambucus canadensis* or *S. nigra*) berry

2 parts dried rose (*Rosa* spp.) petal

1 part dried rose (*Rosa* spp.) hip

1 part powdered or chopped dried ginger (*Zingiber officinale*) rhizome

½ part reishi (*Ganoderma lucidum*) powdered extract

½ part dried yarrow (*Achillea millefolium*) aerial parts

## DIRECTIONS

Determine how much tea blend you would like to make, and then assign your “parts” accordingly (see Page 3 for more detailed instructions).

Combine all of the herbs and mix well. If you’re making a bulk batch, transfer the blend to a storage container, label, and store in a cool, dark location.

To brew a cup of tea, add 3 tablespoons of the tea blend per strainer/mug.

Cover with 8-12 fluid ounces of just-boiled water and let steep, covered, for 10 minutes.

Remove the tea strainer, sweeten with honey or maple syrup if desired, and enjoy!



*Stephanie Pavelko is the creator of magical recipes, photography, videography, and the seasonal blog at My Tiny Laguna Kitchen. She has a huge passion for working with organic, sustainable herbs and local ingredients, and she loves to spend time foraging and frolicking in nature or spending time near water to recharge and relax. Follow Stephanie on Instagram @MyTinyLagunaKitchen or visit her website at [www.MyTinyLagunaKitchen.com](http://www.MyTinyLagunaKitchen.com).*

# Flowering Adaptogenic Chai

By Tara Lanich-Labrie of @TheMedicineCircle

As soon as the morning air gets cold and clear, spiced warm drinks infused with flowers and herbs take their place in regular rotation on the stovetop. This flavorful blend starts with kitchen spices, like cinnamon and whole peppercorns, and builds with some of my favorite adaptogenic herbs, like tulsi and butterfly pea flowers. I alter this recipe each time I make it depending on what I have in my pantry, so feel free to make substitutions!

Adaptogenic herbs can be supportive for your physical, mental, and emotional health. Plants like tulsi and nettle simultaneously energize and ease stress, without the buzz or jitters some people experience with caffeine. Rose hips are rich in vitamin C and they add a berry-like sweetness, while calendula is a sip of the sun, supporting the liver and lymph system, reminding us that summer will return again. All of these herbs and spices, from fiery ginger to black peppercorns, have anti-inflammatory and immune-supportive properties. Make this energizing drink to start your day, or sip it slowly as you wind down for the evening!

For this recipe, I recommend using whatever you have available. For example, if you can't find calendula flowers, leave them out or add a little more tulsi. I use a homemade plant milk for this recipe, but any milk you like will work perfectly!

## INGREDIENTS

### Roots & Seeds - Blend 1

- 2 parts dried rose (*Rosa* spp.) hip
- 1 part powdered or chopped dried ginger (*Zingiber officinale*) rhizome
- ½ part cinnamon (*Cinnamomum* spp.) powder
- ½ part black peppercorns (*Piper nigrum*)
- ¼ part cardamom (*Elettaria cardamomum*) pod powder
- ⅓ part fennel (*Foeniculum vulgare*) seed

### Leaves & Flowers - Blend 2

- 6 parts dried tulsi (*Ocimum* spp.) aerial parts
- 3 parts dried butterfly pea (*Clitoria ternatea*) flower
- 3 parts dried calendula (*Calendula officinalis*) flower

**Optional:** Rose (*Rosa* spp.) petals and nettle (*Urtica dioica*) seeds for topping; sweetener of your choice, cinnamon (*Cinnamomum* spp.) powder, or vanilla (*Vanilla planifolia*) extract

## DIRECTIONS

Determine how much tea blend you would like to make, and then assign your "parts" accordingly (see Page 3 for more detailed instructions).

In one container, combine the rose hips, ginger, cinnamon, peppercorns, cardamom, and fennel. Mix well and, if you're making a bulk batch, transfer the blend to a storage container, label "Adaptogenic Chai - Roots & Seeds," and store in a cool, dark location.

In a second container, combine the tulsi, butterfly pea, and calendula. Mix well and, if you're making a bulk batch, transfer the blend to a storage container, label "Adaptogenic Chai - Leaves & Flowers," and store in a cool, dark location.

To brew a batch, add 10 fluid ounces of water and 8 fluid ounces of the milk of your choice to a small saucepan over medium heat. After the water/milk mixture comes to a simmer, add 3 tablespoons of the Roots & Seeds blend to the water. Cover and let simmer for 10 minutes.

After 10 minutes, uncover the saucepan and add 4 tablespoons of the Leaves & Flowers blend. Cover and simmer lightly for 1-2 minutes.

Remove from heat and add 1 tablespoon of vanilla extract (optional).

Cover the saucepan and let the tea steep for an additional 10-20 minutes.

Strain through a fine mesh sieve or coffee filter to separate the plant material from the tea, then rewarm the strained liquid if needed.

Sweeten to taste, then sprinkle with rose petals, nettle seeds, or cinnamon powder (optional) and enjoy!



**Please note:** Butterfly pea flower has become more popular in recent years due to the beautiful blue color it gives when blended into food or drink; however, there is not a lot of information available about its safety. The FDA has approved it as a food coloring only, and it's contraindicated during pregnancy because it can cause uterine contractions.

*Tara Lanich-LaBrie is a culinary herbalist, gardener, forager, and chef, pairing her love of plants with her love of gathering, creating, and sharing food. Tara incorporates seasonal and medicinal plants into her colorful, gluten-, dairy- and refined-sugar-free desserts. Find her recipes at [www.TheMedicineCircle.com](http://www.TheMedicineCircle.com) or on Instagram @TheMedicineCircle.*

# Rooted Fire Water

By Synmia Rosine of @SynmiaRosine

Wintertime looks different here in southern California. While most other places are having their bitter cold, wet, and even snowy months, we're having mostly dry, mild winters—a brief repose from wildfire season. Mild as it may be, the change in seasons doesn't make us immune to seasonal coughs, colds, and the flu, especially our little ones.

This tea features some of the same ingredients as the popular vinegar-based fire cider, including turmeric, ginger, and garlic. When we don't have fire cider on hand, then I'll whip up a batch of this tea instead for quick immune support.

What I love most about this tea is its accessibility. The ingredients are all common culinary staples that can often be sourced locally. I've found that roots have a grounding and fortifying nature to them—just the type of energy that's needed when you want to bring infection down and out of the body. The ingredients in this tea are gentle enough for young people but aggressive enough to help the body take action. This tea is a great ally when you need to bring more heat to your physical body, more motivation to your emotional self, and more upliftment to your spiritual self.



## INGREDIENTS

1-inch piece fresh ginger (*Zingiber officinale*) rhizome, sliced (if fresh isn't available, use a heaping ¼ teaspoon dried and powdered ginger)

1-inch piece fresh turmeric (*Curcuma longa*) rhizome, sliced (if fresh isn't available, use a heaping ¼ teaspoon dried and powdered turmeric)

1-2 cloves garlic (*Allium sativum*), peeled and diced  
Honey or maple syrup (optional)

## DIRECTIONS

Combine all of the ingredients in a mortar and break them up a bit with a pestle to release their aromatic properties.

Transfer the herbs to a 32-ounce glass canning jar and cover with just-boiled water.

Cover and let infuse for 4-24 hours (the longer it infuses, the stronger it will be).

When it's done infusing, strain the herbs from the liquid, return the finished tea to the jar, and refrigerate for up to 24 hours.

To drink, enjoy at room temperature or warm it up. To balance the fiery nature of the roots, try adding a dash of honey or maple syrup (optional).

**Herbal tip:** If you need a bit of additional immune support, then add a sprinkle of echinacea (*Echinacea* spp.) flower to the blend.



*Synmia Rosine is a mother, herbalist, gardener, gut alchemist, and doula who lives in Los Angeles with her family. Her manifestation is @AsunHerbs — a place that supports whole-being transformation through the vessel of herbal support and whole-body nourishment. Deep dive at [www.asun.earth](http://www.asun.earth) or follow Synmia on Instagram @SynmiaRosine.*



We hope you enjoy these delicious herbal tea recipes shared by our sweet friends! It brings us such joy to imagine you bustling about your kitchen, steeping a big batch of botanical brew, and savoring each soothing sip. As you inhale the warm, cinnamon-scented steam from Heather's Home Sweet Home Tea or taste the earthy-sweet flavor of Stephanie's Mushroom Berry Tea, take a moment to appreciate how far you've come on your own herbal journey.

Some of these recipes are a bit complex, yet you found the ingredients, measured them with care, decocted the roots and steeped the leaves, steamed the milk, strained the marc, and ultimately savored the sweet rewards. You would not have been able to do this if you hadn't dedicated yourself to learning this time-tested herbal craft, and we're immensely proud of you for doing so.

To see how our students have channeled their Herbal Academy education and experiences into kitchen memories, healthier lives, joyful careers, and unique, original recipes—like those shared and brought to life through this ebook—is one of the most rewarding parts of our journey here at the Herbal Academy.

As we reflect on our 10-year anniversary and the more than 100,000 students who have graced our courses, we raise a mug of Moon Milk Tea in thanks to you, our students and friends, and for all the cozy, tea-sipping moments that bring us closer.

## **Pssst ...** wish you had a cute new teacup to enjoy all these botanical brews out of?

Check out our limited edition, special anniversary [Floral Enamel Mug](#)! Adorned with delicate, colorful botanical illustrations, these durable mugs can go with you into the garden, the forest, the meadow, and anywhere else the plants call. These 12-ounce, \$19.99 mugs will be available for a limited time through our [Goods Shop](#).





[www.TheHerbalAcademy.com](http://www.TheHerbalAcademy.com)