

REASONS TO TRY A NEW HERBAL TEA

The world of herb tea is vast and filled with new flavors, colors and uses. It's fun to experiment with new tea.

Make a small amount of a new tea and read up on it as you're sipping a cup either warm or iced.

Herb teas are a gentle and natural way to relax, deal with minor aches and pains and even help you sleep... or waken!

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HERBAL TEA & CHILDREN

Herbal tea, or tea that is made from herbs and fruits, usually does not contain caffeine and is suitable for children. Herbal tea is often made from ingredients like mint, chamomile, fruits, and other spices. For children over 2 years old herbal tea can be a healthy option compared to sugary drinks and can help manage the symptoms of some mild illnesses like colds, allergies, or motion sickness.

Herbal tea should never be given to a baby under 6 months of age because it could contain harmful bacteria or cause an allergic reaction.

For children and infants, make a weaker tea. Or dilute regular tea with water.

ALWAYS test a small amount with the child first. If unsure, err on the side of caution, speak to an herbalist or your child's doctor.

HOW TO MAKE HERBAL TEA



Teas are simply herbs prepared in hot water. People have been drinking tea for pleasure, for curative powers and for ceremony for centuries.

There is nothing mysterious about preparing tea- whether you use a tea bag or loose herbs, the process of making tea is simple and direct.

Read on to find out more about making the perfect cup of tea!

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THE PERFECT CUP OF HERB TEA

Herb teas don't have to be medicinal for you to enjoy them. After a stressful day or for a natural pick-me-up, a cup of herbal tea is soothing and refreshing.

Use approximately 2 teaspoons **fresh herbs** for each cup- about 6-8 ounces of water.

Pour boiling water over your fresh herbs (you may slightly bruise the leaves to help release their flavors) in a china or glass pot. Metals, including stainless steel, may alter the flavor of the tea.

Steep for only 5 to 10 minutes for best flavor. The tea should be lightly colored and mild. Pour and enjoy plain or with a little dollop of honey or a squeeze of lemon.

You may use **dried herbs** for tea also. Just remember dried herbs have a stronger flavor so only use about 1 teaspoon per cup and proceed as for fresh herbs.

WHAT IS AN INFUSION?

Infusions are a very strong tea. These are usually made for remedies or to prevent illness. Hot infusions are steeped for at least 15 minutes or more.

Cold infusions are steeped in water for several hours in a tightly sealed jar.

Using a quart-size canning jar is best because they can hold up well to boiling water.

Once prepared you can drink them iced or heated, add them to baths for soaking wounds or sore muscles or used to make compresses or poultices. **Infusions are generally made using leaves or flowers.**

To make a hot infusion, put an ounce of dried leaves in your canning jar. Fill the jar to the fill line with boiling water. Secure the lid tightly and let it steep until the water has completely cooled. Strain out the herbs and enjoy.

For a cold infusion, use the same amount of herbs and just use cold water. Steep for several hours or overnight before straining.

WHAT IS A DECOCTION?

Some healing herbs have their power, not in the leaves or flowers, but in the bark, roots, dried berries or even seeds. Tea from these parts of the plant prepared by a method called **decoction**, which indicates that the herbal parts are simmered rather than steeped.

To prepare a **decoction** put about 3 tablespoons of dried roots, bark, berries or other hard parts of plant in a sauce pan. Cover with a quart of water and gently simmer for about 30 minutes.

Strain and drink warm or cold. A decoction will keep several days in the refrigerator and can be reheated or drunk cold. This is helpful if you're using this as a medicinal tea. You don't have to make a fresh cup or pot every time you want to drink some. Many medicinal type teas are drunk throughout the day.