

## **Tea Time**

**By Jackie Johnson BS, ND, MH**

**I love the experiment with different blends of teas. Here are various suggestions for you can make from loose teas. Start with small amounts and experiment to find the ratio of ingredients that you like best. Most teas taste best with honey. (Avoid white sugar especially during cold and flu season as it will suppress your immune system. If that is all you have, maybe try adding some molasses to get back some minerals.)**

**It's best to mix your teas/infusions and not stick to the same one every day. Our bodies are wonderfully adaptive and remember what is common to it. I make a specific herbal infusion Monday through Friday. Saturday and Sunday are my experimental days. I rest my weekly herbs, and make something new for fun.**

**When making an infusion I know won't taste the very best, I add a bit of Earl Grey Green tea. The bergamot oil used in Earl Grey is both tasty and has helpful properties and you get all the benefits of drinking green tea plus all those nutritious herbals.**

**Tea with leaves and flowers only need brewing for up to five minutes. Teas with berries, roots and barks can take longer – sometimes overnight. I brew mine in a French press each day. Sometimes it sits for hours and tastes just fine.... Some people make their infusions at night and drink them in the morning.**

**If you like spices, try adding a single clove, or dash of cinnamon. Stevia makes everything sweeter for those of you with a sweet tooth (like me). Don't be afraid to experiment. There's always the sink if you brew up something you absolutely can't drink! Start simple – with maybe two or three ingredients, and go from there as you develop your tastes. Don't forget to compost loose used teas and herbals.**

**Following are some of the teas we use in this area. Some blends we've "adapted" from the back of boxes and improved upon. Some were forwarded by our Scottish sister herb society. Enjoy!**

Amounts should be to taste, go light on mints and have fun.

**Energizing Nourishing Tea**

Oatstraw, Nettle, Apple Mint, Peppermint, Red Clover and Elderberries.

**Beneficial Winter Tea**

Elderberry, Yarrow, Rooibos

**Nourishing Winter Tea**

Elderberry, Yarrow, Calendula, Nettle

**Pick Me Up Tea**

Rose hips, Yarrow, Lemon Balm

**Relaxing Tea**

Lemon Thyme, Yarrow, Nettle, Oatstraw, Linden

**Relaxing Tea 2**

Lavender, Rosemary, Thyme

**Relaxing Tea 3**

Lavender, Chamomile

**Relaxing Tea 4**

Chamomile, Lavender, Lemon Balm, Linden

**Sleepy Time Tea**

Chamomile, Lemon balm

**Settling Tea**

Lemon Balm, Mint

**All Around Nourishing Tea**

Nettle, Chickweed, Linden, Oatstraw, Chamomile

**Winter Tea**

Elderberries, elder flowers, lemon peel, ginger, rosehips

**Cold and Flu Tea**

**Elderberry, yarrow, rosehips, peppermint**

**Ticker Tea**

**Hawthorn, Chamomile, Hibiscus**

**Memory Tea**

**Rose, Rosemary, Licorice Root**

**Garden Tea**

**Purple sage leaves, lemon balm, mint, rose petals**

**Seventh Heaven Tea**

**Chamomile, Lemon Verbena**

**Lavender Mint Tea**

**Lavender, mint (spearmint if you like a milder mint)**

**Chamomile Peppermint Tea**

**Chamomile, calendula, lemon peel, Mint, clove**

**Summer Sunshine Tea**

**Chamomile, Lemon peel, mint, sage, clove**