

TEA HERBS

A tea is made by steeping fresh or dried herbs in water for:

- 3-5 minutes for recreational use with a hot infusion
- 30-45 minutes for medicinal use with a hot infusion
- 2-6 hours for a cold infusion
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Yaupon Holly:

A caffeinated herb known to reduce inflammation.

Hyssop:

Flowering tops are typically harvested and made into tea for use as a tonic, calmative, and digestive aid.

Lemon Verbena:

Known for its bright lemon flavor and anti-inflammatory properties.

Tulsi:

Used to sooth the nervous system and as a tonic for the mind, body, and spirit.

Find more info at

www.theathomeapothecary.com