

# Health and Wisdom Inc.



## Making Herbal Teas

*Using distilled water provides the best tea as it has nothing in it to begin with therefore has the drawing ability to pull the most out of the herbs ~ making better herbal teas!*

### **To make an Infusion or Tea by the CUP**

Put one teaspoonful of cut herb in a cup.

Use Stainless Steel or glass/ceramic cookware.

Pour boiling (distilled) water over the herb. Do not cook the herbs.

Cover and allow to steep five to twenty minutes. Covering the cup is essential to keep the essential properties IN the cup.

Strain, sweeten with honey if desired, and serve warm.

### **To make an Infusion or Tea of CUT herbs by the GALLON**

Use Stainless Steel or glass/ceramic cookware.

Boil the distilled water, remove the pan from the heat source.

Place 3/4 to 1 cup of **cut** herb in a spice/herb ball per gallon.

Add the spice/herb ball and **COVER** the pan.

Let this stand five to 20 minutes.

Remove the spice/herb ball and pour the tea into a pitcher and store in the refrigerator.

### **To make an Infusion or Tea of POWDERED herbs by the GALLON**

Use Stainless Steel or glass/ceramic cookware.

Boil the distilled water, remove the pan from the heat source.

Place 1/3 to 1/2 cup of **powdered** herb in a natural fiber herb bag per gallon.

Add the herb bag and **COVER** the pan.

Let this stand five to 20 minutes.

Remove the herb bag and pour the tea into a pitcher and store in the refrigerator.

**Using a tea maker is very convenient!** Follow the manufacturer's instructions.

I use the Mr. Coffee® Iced Tea Maker and here are a few tips I use.

Use a coffee filter for easy clean-up and specifically for powdered teas.

Use distilled water for the best teas.

Fill the pitcher that comes with the unit then pour out of that into the tea maker to the fill line.

Place the pitcher in the proper position.

Place the herb basket in place. For Cut teas, fill the basket 3/4 full with the cut herbs. For

Powdered teas, fill the basket 1/3 to 1/2 full.

Turn the unit on and wait! (Mine is set at the strongest setting.)

The tea will drip into the pitcher filling it to the proper level.

You now have a full pitcher of tea for the refrigerator ~ thus eliminating the excuses of having to make tea!!

There is no set amount ~ adjust according to taste desired.