

Sure-to-Please Herbal Teas  
Herb Fest 2015

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Types of Tea (a short list):

- Nutritive – Nettle, oatstraw, alfalfa, rosehip
- Calming – Linden, chamomile, lemon balm, tulsi/holy basil
- Energizing – Ginseng, yerba mate
- Immune support – Echinacea, licorice, yarrow
- Detoxifying – Burdock, milk thistle, dandelion, red clover
- Digestive support – chamomile, ginger, peppermint

Where to find:

- Your backyard or wild harvest– be mindful where you gather
- Hanson's Garden Village
- Grocery and health food stores
- Online from reputable sources, such as [www.MountainRoseHerbs.com](http://www.MountainRoseHerbs.com)

How to brew:

- Tisane or infusion: Use about a handful of fresh herbs (more or less to taste), or ¼ to ½ cup dry herbs to one quart of boiling water. Cover and let steep for 10 minutes to a couple of hours, depending on the tea and how strong you want it. Steep for less time for bitter herbs like dandelion to avoid an unpalatable brew. Steep green and black tea for 3 to 5 minutes.
- Decoction: Place roots, twigs, or seeds to a pot of cold water, bring to boil, cover, and let simmer for at least 20 minutes.

Storage:

- Store dried herbs in airtight containers away from heat and light.
- Store brewed tea in the refrigerator for 3 to 4 days.
- Freeze tea in ice cube trays and add to water or allow to melt – can also try as popsicles!

Please contact me if you have any questions, comments, or suggestions for next year's Herb Fest!

