

Herbal Tea Recipes

Infusions

Cold and Flu Tea

Equal parts elder flower, peppermint and yarrow.

This is a traditional tea for the onset of colds or flu. It helps fight infections, increases circulation and induces sweating. Steep 15 minutes. Drink hot to help break fever.

Healthy Bones, Hair and Nails Tea

Equal parts horsetail, nettle, and red clover.

These herbs are high in minerals that build strong connective tissue. It is a favorite tea for menopausal women who are at risk for osteoporosis. Steep 20 minutes to several hours. Flavorful herbs like lemon verbena, lemon balm or mint can be added.

Huckleberry Hawthorn Tea

Two parts huckleberry leaf, one part each hawthorn flower and leaf, hawthorn berry, rosehips, raspberry leaf. One-half part licorice to add sweetness.

Huckleberries are high in antioxidants that protect the eyes, heart and blood vessels. The leaf tea can lower blood sugar and is a useful tonic for diabetics. Hawthorn is a heart tonic that may help normalize blood pressure. Steep 20 minutes.

Peppy Nettle

Half Peppermint, half nettle leaf

Nettles are high in minerals including calcium and can help back off seasonal allergies. This tasty and refreshing tea is a great way to introduce kids to nettles. Steep 20 minutes to several hours.

Decoctions

Swamp Tea or Indian Tea or Marsh Tea

This plant grows in the bogs and wet areas along the coast range. It is traditionally simmered about 20-30 minutes but some people prefer to just steep it in hot water. Leaves can be made into tea a second time. This plant helps keep the lungs dry and is used for colds in the dark months of winter. Do not exceed 4 cups per day.

Detox Tea

Equal parts dandelion root, burdock root, licorice and sarsaparilla.

This helps to cleanse the blood, detoxify the liver and balance blood sugar. It is also helpful for clearing up skin problems and supporting the kidneys. Start in cold water and simmer for 20-40 minutes.