



General Tea Directions

☼ **Leaves, Flowers & Herbs** and other thin material should be made as an infusion: Pour 1 cup BOILING water over 1 ½ tsp. of the tea. Let steep 10-12 minutes. DO NOT BOIL. Strain.

☼ **Roots, Barks, Seeds**, and other coarser herbs should be made as decoctions: Place 1 tsp. of tea in 1 cup of boiling water, let boil slowly for 3-5 minutes. Strain.

☼ **Powdered herbs** use ONLY ¼ of a tsp. Pour 1 cup BOILING water over the powder. Let steep 3-5 minutes. Powder will not disintegrate, but will float to the bottom of cup (this can be consumed, but is not required).

☼ **Extracts & Tinctures** add 15-18 drops to ½ to 1 cup warm/hot water. Drink 3-4 cups daily.

Tea can be flavored to taste with honey, raw sugar, or lemon. **However, they are best taken without adding sugars or flavorings.**



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