

EARTH & OCEAN HERBALS

TEA RECIPES

(Formulated by Susan Clements, Community Herbalist)

NOTE: A part is any measurement of choice. For an 8 oz cup of tea, use 1 tbsp of blend

CHILL OUT! - just as it's name implies

Chamomile 1 part

Linden 1 part

Oat Seed 1/2 part

Lemon balm 1/2 part

Mix all herbs together. Use 1 tbsp per cup. Infuse and follow directions for a tisane below.

ZZZZZZZZ - a light relaxing bedtime tisane

Passionflower 1 part

Linden flower 1/2 part

Hops 1/2 part

Oat straw or seed 1/2 part

Skullcap 1/2 part

Peppermint or spearmint (1/4) part

Mix all herbs together. Use 1 tbsp per cup. Infuse following directions for a tisane below.

TEAS

TISANE - Light beverage tea. Depending on the herb being used, 1 tsp to tbsp per 8 oz. Use a tea ball, or tea bag, pour boiling water over. Will always be more flavorful if a lid is placed on top of the cup.

INFUSION - More medicinal in it's purpose and useful for nourishing teas, compresses, baths. Leafy, soft parts of plants. Can be used fresh or dried (dried more beneficial).

ELDERBERRY SYRUP

1/2 cup dried elderberries

3 cups water

1 cup honey (can use less, but it must be added to preserve)

(Note: when complete, this will make a small amount. You can increase the amount of finished product by multiplying amounts.)

Additional add-ins to consider: cinnamon, ginger, clove, rosehips, echinacea

Amounts: cinnamon, ginger and clove, 1 tsp per above amount, echinacea and rosehips 1 tbsp

Follow directions below for making a syrup. Always be sure to refrigerate.

SYRUP

Syrups fabulous for children, elders, and flavoring beverages.

Syrups require strong infusion or decoction. Place herbs in pan of water and allow to sit overnight or for at least 1-2 hours. Amount is generally 2 oz of herb to 1 qt of water. After initial sitting time, bring pan to a simmer on low heat for at least two hours and keep it covered. Be sure to check the amount of liquid in the pan from time to time. You will want the water to evaporate somewhat. Remove from heat, strain, measure and return liquid to pan. Leaving cover off, and watching carefully, you want to reduce the amount liquid to almost half of what you measured out. Remove from heat and add local honey. Do not simmer with honey as this will destroy beneficial properties of the honey. An optional addition might be an ounce of brandy to preserve the syrup longer. Store the syrup in clean, sterilized mason jar, store in the refrigerator and use within several months.

RESOURCES FOR HERBS IN QUANTITY: (Note - if you are purchasing elderberries and intend to make syrup on a regular basis, purchase 1 lb minimum).

<https://www.mountainroseherbs.com>

<http://www.jeansgreens.com>

