

August Flora & Fire Tea

This specific combination of chamomile, calendula, ginger, fennel, and coriander is deeply balancing for your internal terrain. From an Ayurvedic standpoint, chamomile and calendula soothe tissue inflammation, while ginger, fennel, and coriander act as a classical *Tridoshic* digestive blend. It beautifully warms the gut without creating excess heat (*Pitta*).

You can use fresh or dried ginger root for this—whatever you happen to have on hand. While fresh chamomile and calendula flowers are lovely if you can harvest them from a local garden, most of us don't have ready access to them fresh. High-quality dried organic flowers work beautifully here and are much easier to keep stocked in your pantry.

A quick note on sourcing: I personally buy my dried Western herbs in bulk from Mountain Rose Herbs, Frontier, or Starwest Botanicals. For Ayurvedic herbal powders, I trust Banyan Botanicals, and for traditional roots, I use Herbs Forever. Amazon carries almost all of these brands except for Mountain Rose.

Yield: Makes about one pint (you can easily multiply this recipe for a larger batch).

Ingredients

- 2.5 cups clean, filtered water
- 2 Tbsp. organic fresh sliced or grated ginger root (or 2 Tbsp. dried ginger root)
- 3 Tbsp. organic chamomile
- 3 Tbsp. organic calendula flowers
- 2 Tbsp. organic coriander seed
- 1 Tbsp. organic fennel seed
- 2 tsp. organic raw honey (or maple syrup, to taste)

Directions

1. **Simmer the ginger:** Bring your filtered water to a gentle boil and simmer the ginger root covered for 10 minutes.
2. **Add the seeds:** Toss in the coriander and fennel seeds and continue to simmer for another 5 minutes.
3. **Infuse the flowers:** Stir in the calendula and chamomile flowers, keeping the lid on, and let it all simmer for a final 5 minutes.
4. **Steep:** Turn off the heat. Let the pot sit covered on the stove for 10 minutes to allow the complex tastes to fully blend.
5. **Cool and sweeten:** Let the tea cool down slightly before stirring in your honey or maple syrup. (*An important Ayurvedic reminder: never boil or heat raw honey beyond 95 degrees, as high heat alters its properties*).
6. **Strain:** Pour the mixture through a fine mesh strainer, separate the liquid, and return the spent herbs back to the earth via your compost bin.
7. **Enjoy:** Stir well, pour into your favorite mug, and enjoy your fresh batch!