

MAKING LOOSE LEAF HERBAL TEA

Place fresh water in a kettle and the kettle on the stove. Get the heat going to boil the water.

You will need a teapot, a cup, a strainer, a teaspoon, and your favorite tea. Good tea is loose and keep in a sealed container

Measure out a heaping teaspoon of tea and put it in the strainer. This is generally to taste, but a heaping teaspoon is typically sufficient.

When the water is boiling, pour through the tea in the strainer and allow to steep 5 to 10 minutes. You are trying to obtain the darkest color the blend of tea will provide to the water.

Sweeten if desired and enjoy!