

Herbal Tea Ideas

With all the news recently about tea bags not being compostable because of the plastic so many of them are made from, it has reminded me of the teas I have made for myself over the years. With PUKKA herbs selling out to Unilever as well, I will not buy their brand anymore...and they did make my favourite tea - peppermint and liquorice.

But I quickly found out that if you find a good supplier of the base ingredients you can easily make your own. And you don't need bags either....just a tea pot, mug and perhaps a storage jar if you are mixing your herbs and flowers.

The companies I have used for ingredients are:

Neals Yard Remedies - <http://www.nealsyardremedies.com/wellbeing/herbal-remedies/dried-herbs/>

The Spiceworks - <https://www.thespiceworks.co.uk/>

Organic Trading <http://www.organicherbtrading.co.uk/About-us/About-us.aspx>

But there are loads out there...look for what suits your ethics and pocket.

Peppermint and Liquorice Tea

60g dried peppermint leaf

20g fennel seeds

25g liquorice root...chopped

Mix all together...keep in an airtight jar. Use 1tsp per cup, steep for 3 to 5 mins.

Hibiscus Tea

Place one piece into a mug, add hot water and after about 3 mins its ready to drink. I leave in the mug.

Hibiscus and Hawthorn Tea

Place one piece of hibiscus in a mug with a teaspoon of hawthorn berries. Steep for 3 mins and then drink...leaving flowers in there...sometimes you can get a couple of mugs from it depending on how strong you want it. I like to think this is healthy but have no idea!!

Echinacea Tea

60g echinacea leaf

20g elderberries dried

20g elderflowers dried

Mix all together, place in airtight jar and use 1tsp per mug. I like to use a tea strainer for this one. It is an acquired taste but hugely beneficial in winter.

Lime, Cyder Vinegar and Honey

This is what I drink every morning as my first cuppa...but I don't use honey anymore. This is meant to be really good to kick start the digestive system and ward against arthritis. I actually drink at both ends of the day now as the cyder vinegar I am using is delicious!

Quarter of a lime, squeezed and placed a mug, including the fruit Add dessert spoon of organic cider vinegar, with mother, it MUST be with mother, and then hot water, just off the boil. If using honey, add a scant teaspoon a couple of minutes after the water. If you overheat honey you loose all its beneficial properties.