



Four Teas From Seven Herbs

Blends your family will reach for on their own

Every herb on these pages is already on your Beginner Shelf, page three of the syllabus. The four blends match the four reasons the kettle goes on in an ordinary house: quiet evenings, unsettled stomachs, everyday hydration, and seasonal comfort. The ratios are where I start. Taste yours and change them. The blend your family finishes is the right one.

HOW A PART WORKS

A part is whatever you scoop with. A tablespoon works. So does a teacup. Use the same scoop for every herb in the blend and the ratio holds. Each blend also gives the tablespoons that fill a one cup jar, so you can make it tonight.

The gram weights are close, not exact. Dried herbs vary with the cut and the drying. The first time you make a blend, weigh each part on your own scale and write it in the log on the last page.

BREW IT PROPERLY

Most herbal tea disappoints because it is brewed like a tea bag. Use more herb and more time.

- 1 One heaping tablespoon of a leafy blend for each cup. Hibiscus blends are heavier, so a level tablespoon is enough.
- 2 Water just off the boil.
- 3 Cover the cup or the pot. The lid keeps the fragrant oils in the tea and out of the air.
- 4 Ten minutes, then strain. If the cup tastes thin, use more herb next time. More time only makes it harsh.

For more than one cup, I use a French press. One heaping tablespoon for each cup of water, lid on with the plunger up while it steeps, then press and pour all of it off.

STEEP OR SIMMER

Leaves and flowers steep. Chamomile, lemon balm, mint, tulsi and hibiscus give up their flavor to hot water in ten minutes.

Rose hips and elderberries simmer. Rose hips are too hard to steep well. Elderberries must be fully cooked before anyone drinks them. Both go in a pot with the lid on, at a gentle simmer, for twenty minutes.



The Steeping Blends

Two herbs each, and both are good to give

Quiet Evenings

for quiet evenings

THE RATIO	THE HERB	FOR A ONE CUP JAR	WEIGHT
3 parts	chamomile, whole flowers	9 tablespoons	about 11 g
2 parts	lemon balm	6 tablespoons	about 6 g

Fills a one cup (half pint) mason jar. Makes about 9 cups. If you like, add a tablespoon or two of dried apple or dried orange, broken small.

IN THE CUP

One heaping tablespoon per cup. Water just off the boil. Cover. Ten minutes. Honey if you like it.

IN A REAL HOUSEHOLD

Make it at the same time each night and it becomes part of how the day ends. Use whole chamomile flowers, not dust. You will taste the difference.

WHERE THE BOUNDARY IS

A cup of tea is a pleasant way to end the day. It is not a treatment for insomnia or anxiety, and sleep trouble that lasts is a conversation for your doctor. Chamomile is in the daisy family, so anyone with a ragweed allergy should start with a small cup.

Unsettled Stomachs

for unsettled stomachs

THE RATIO	THE HERB	FOR A ONE CUP JAR	WEIGHT
3 parts	mint	9 tablespoons	about 11 g
2 parts	chamomile, whole flowers	6 tablespoons	about 7 g

Fills a one cup (half pint) mason jar. Makes about 9 cups. In the cup, not the jar: two or three thin slices of fresh ginger.

IN THE CUP

One heaping tablespoon per cup. Water just off the boil. Cover. Ten minutes. Mint will take over a blend if you let it. If all you taste is mint, add chamomile.

IN A REAL HOUSEHOLD

This is for the ordinary kind of unsettled, like the hour after a heavy meal. Keep the jar near the kettle, where someone who feels poorly will find it without asking.

WHERE THE BOUNDARY IS

Stomach pain that is severe, that lasts, or that comes with a fever is not a tea problem. Call your doctor. If you deal with reflux, mint can make it worse, so use chamomile on its own.

The House Tea

One jar that lives by the pitcher and the press

Everyday Ruby

for everyday hydration

THE RATIO	THE HERB	FOR A ONE CUP JAR	WEIGHT
2 parts	hibiscus	6 tablespoons	about 18 g
1 part	mint	3 tablespoons	about 4 g
1 part	lemon balm	3 tablespoons	about 3 g

Fills a one cup (half pint) mason jar. Makes about 12 cups, or three pitchers. If you like, add two tablespoons of dried orange or blood orange, broken small.

BY THE PITCHER OR THE PRESS

Four level tablespoons to a quart of water just off the boil. That is one full French press. Cover, ten to fifteen minutes, then press or strain. Stir in honey while it is warm. Drink it hot, or chill it.

FOR LOOKS

Press one whole slice of dried blood orange flat against the inside of the glass before you fill the jar. It does nothing for the measuring and everything for the shelf.

IN A REAL HOUSEHOLD

This is the jar that takes the place of juice and soda in the refrigerator. Hibiscus is sour on its own, so sweeten it until your family likes it. It stains counters, cloth and wooden spoons.

WHERE THE BOUNDARY IS

Hibiscus can lower blood pressure a little. If you take blood pressure medication, ask your doctor before this becomes a daily drink. For that reason it makes a better house tea than a gift.

DRIED FRUIT IN A TEA JAR

Fruit must snap. If a piece bends, it is still holding water, and a sealed jar will keep that water in with your herbs. Bend it before it goes in. Citrus slices include the pith, which turns bitter with long cooking, so fruit goes into steeped teas and into the mug, not into a simmering pot.

Seasonal Comfort

Two jars, two sizes. This is on purpose.

Why two jars. Half of this tea is cooked and half is steeped. Rose hips and elderberries need twenty minutes at a simmer. Lemon balm and tulsi would lose their flavor in that time, so they wait in their own jar and go in at the end.

Why the jars are different sizes. Every pot takes two tablespoons from the simmer jar and one tablespoon from the steep jar. You go through the simmer jar twice as fast, so it is twice as big. Fill them as written and both jars run out on the same day, after six pots.

THE SIMMER JAR

A one cup mason jar, the half pint size.

2 parts rose hips 8 tbsp about 48 g

1 part elderberries 4 tbsp about 24 g

That is 12 tablespoons, and the jar will be about three quarters full. That is correct. These are heavy and do not settle, and the space at the top helps the lid seal.

THE STEEP JAR

A half cup mason jar, the four ounce size. Yes, the small one.

2 parts lemon balm 4 tbsp about 4 g

1 part tulsi 2 tbsp about 2 g

That is 6 tablespoons. Tulsi is strong, and a little goes a long way.

TO MAKE A POT, ENOUGH FOR TWO MUGS

- 1 Two tablespoons from the simmer jar and three cups of water in a small pot. Lid on. Gentle simmer, twenty minutes.
- 2 Take it off the heat. Add one tablespoon from the steep jar. Lid back on, ten minutes. A French press works well here: strain the hot liquid into the press over the herbs, then press.
- 3 Strain and sweeten with honey. A slice of dried orange in the mug is a nice touch.

Where the boundary is. Never steep the simmer jar like an ordinary tea. Elderberries must be fully cooked, and the raw berries, leaves, stems and bark are never used. This is a hot drink for a cold day. It does not treat a cold, the flu, or an infection. Honey is never for anyone under twelve months. Because it depends on being cooked correctly, this one stays home and is not a gift.

Jars, Labels and Dates

The least exciting habit, and the one that decides everything

WHAT GOES ON EVERY BLEND LABEL

- 1 The name.
- 2 Every ingredient.
- 3 The month and the year.
- 4 What it is for.
- 5 How to brew it.
- 6 How to store it.

A jar of a single herb needs only its name and its date.

FOUR RULES FOR THE SHELF

Write the month and the year. A label that says 9/26 reads two ways a year from now.

First in, first out. When you top up a jar, the date on it belongs to the oldest herb inside.

Dry herb, dry fruit, dry jar. A sealed jar keeps moisture out. It also keeps in whatever you sealed inside.

Sealed, and out of the light. Leaves and flowers are at their best within a year.

IF YOU VACUUM SEAL

Use a standard mason jar with a flat lid and a band. Clamp jars and one piece lids will not hold a vacuum. Lay a coffee filter over the herbs before you seal so the dust stays out of the pump. A lid you would not trust for canning again is fine here, as long as the rim is not dented. Only ever seal herbs that are fully dry.

GIFTING THESE

Gift the blends your own family emptied. Make them now, drink them through the fall, and by December you will know which ones earned it.

A gift that gets used: a simple glass French press, a tablespoon measure, a jar each of Quiet Evenings and Unsettled Stomachs, and the recipe cards on page seven. Everything but the kettle.

List every ingredient on the label, because you do not know the allergies of the person opening it. Everyday Ruby and Seasonal Comfort stay home, for the reasons given on their pages.

CUT THESE OUT

Labels for Your Jars

Fill in the month and the year before you walk away

Quiet Evenings

for quiet evenings

Contains: Chamomile, lemon balm _____

One heaping tablespoon per cup. Water just off the boil.
Cover. Ten minutes. A teapot or a French press both work.

Makes about 9 cups. Best within a year.

Made: _____ Store sealed and dark.

Chamomile is in the daisy family. If you are pregnant, nursing, or take medication, check with your doctor first.

Unsettled Stomachs

for unsettled stomachs

Contains: Mint, chamomile _____

One heaping tablespoon per cup. Water just off the boil.
Cover. Ten minutes. A teapot or a French press both work.

Makes about 9 cups. Best within a year.

Made: _____ Store sealed and dark.

Chamomile is in the daisy family. If you are pregnant, nursing, or take medication, check with your doctor first.

Everyday Ruby

for everyday hydration

Contains: Hibiscus, mint, lemon balm _____

Four level tablespoons to a quart, or one per cup. Cover.
Ten to fifteen minutes. Honey.

Makes about 12 cups, or three pitchers. Best within a year.

Made: _____ Store sealed and dark.

Hibiscus can lower blood pressure. If you are pregnant, nursing, or take medication, check with your doctor first.

Seasonal Comfort

the simmer jar

Contains: Rose hips, elderberries

Two tablespoons and three cups of water. Lid on.
Simmer twenty minutes, then add the steep jar.

Makes six pots. Best within a year.

Made: _____ Store sealed and dark.

Elderberries must be fully cooked. Never steep this jar.

Seasonal Comfort

the steep jar

Contains: Lemon balm, tulsi

One tablespoon into the hot simmered tea, off the heat.
Cover. Ten minutes. Strain.

Makes six pots. Best within a year.

Made: _____ Store sealed and dark.

If you are pregnant, nursing, or take medication, check with your doctor first.

for _____

Contains: _____

Brew: _____

Makes about _____ cups. Best within a year.

Made: _____ Store sealed and dark.

If you are pregnant, nursing, or take medication, check with your doctor first.

The blank after the ingredients is for any fruit you added. The last label is yours.

Quiet Evenings

for quiet evenings

THE BLEND, TO FILL A ONE CUP JAR

3 parts chamomile, whole flowers 9 tablespoons

2 parts lemon balm 6 tablespoons

IN THE CUP

One heaping tablespoon for each cup. Water just off the boil. Cover it. Ten minutes, then strain. Honey if you like it.

FOR THE TABLE

In a French press: one heaping tablespoon for each cup of water, lid on with the plunger up, ten minutes, then press and pour all of it off.

Contains: chamomile, lemon balm. Makes about 9 cups. Best within a year.

Chamomile is in the daisy family. If you are pregnant, nursing, or take medication, check with your doctor first.

Made: _____ From the kitchen of: _____

Unsettled Stomachs

for unsettled stomachs

THE BLEND, TO FILL A ONE CUP JAR

3 parts mint 9 tablespoons

2 parts chamomile, whole flowers 6 tablespoons

IN THE CUP

One heaping tablespoon for each cup. Water just off the boil. Cover it. Ten minutes, then strain. Honey if you like it.

FOR THE TABLE

In a French press: one heaping tablespoon for each cup of water, lid on with the plunger up, ten minutes, then press and pour all of it off.

Contains: mint, chamomile. Makes about 9 cups. Best within a year. Chamomile is in the daisy family. If you are pregnant, nursing, or take medication, check with your doctor first.

Made: _____ From the kitchen of: _____

Tea in a French Press

how to brew what is in the jars

WHAT YOU NEED

Your tea, the tablespoon, the press, and a kettle.

HOW

- 1 One heaping tablespoon of tea for every cup of water. A one liter press takes four.
- 2 Pour in water just off the boil.
- 3 Lid on, plunger up. Ten minutes. The lid keeps the fragrant oils in the tea.
- 4 Press slowly and pour all of it off. Tea left sitting on the leaves turns harsh.

GOOD TO KNOW

If the press has ever held coffee, unscrew the screen and wash it well first. Keep the jars sealed, cool and out of the light.

a blend of my own

THE BLEND

_____ parts _____

_____ parts _____

_____ parts _____

_____ parts _____

IN THE CUP

WHAT IT IS FOR

Contains: _____

If you are pregnant, nursing, or take medication, check with your doctor first.

Made: _____ From the kitchen of: _____



MAKE IT YOURS

Did It Earn Its Place?

A blend is proven when the jar comes back empty

Write down what you made and what happened to it. By December this page tells you which teas to make again, which to change, and which are ready to give away.

Blend	Month and year	Parts, and the grams each part weighed	Did the jar empty?	What I will change

YOUR ONE SMALL STEP THIS WEEK

Buy or pick two herbs, chamomile and mint. Tonight, brew one cup properly: a heaping tablespoon, a cover on the cup, ten minutes. Taste it next to a tea bag and you will see why the method matters.

If it does not taste good, it does not earn a place on the shelf.

