

Tea Brewing Guide

How to draw the most from your botanical blends — a short guide to brewing herbal tea with care, so the plants can do what they do best.

WHAT YOU WILL NEED

- A teapot, infuser or plunger, or a simple cup and saucer to cover it.
- Freshly boiled water, just off the boil.
- One heaped teaspoon of loose blend per cup.
- A timer, or simply a little patience.

THE METHOD

- Warm your pot or cup with a splash of hot water and tip it out.
- Add one heaped teaspoon of blend per cup.
- Pour over freshly boiled water.
- Cover while it steeps — this keeps the aromatic oils in the cup rather than the air.
- Steep for 5 to 10 minutes. Leaves and flowers are lovely at 5; roots, seeds and barks prefer 10 or more.
- Strain, and sip slowly.

GETTING THE STRENGTH RIGHT

- For a stronger cup, add more herb rather than longer time.
- Herbal blends will not turn bitter like black tea, so a long steep is generally welcome.
- A cold pour is beautiful in summer: one tablespoon per litre, refrigerated overnight, then strained.

WHEN TO DRINK WHAT

- Bright, uplifting blends in the morning.
- Digestive blends after meals — peppermint, fennel, ginger, chamomile.
- Calming and sleep-supporting blends in the hour before bed.
- Two to three cups a day is a comfortable rhythm for most people.

CARING FOR YOUR BLENDS

- Store in an airtight container away from light, heat and moisture.
- Keep away from strong smells — herbs absorb them.
- Use within twelve months for the best aroma and colour.
- Compost your spent leaves; they are wonderful for the garden.

A LITTLE RITUAL

Boil the kettle before you check your phone. Measure the leaves with your hands. Watch the colour bloom through the water. Hold the cup for a moment before the first sip. The pause is part of the medicine.

This guide offers general wellbeing and lifestyle information and is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, breastfeeding, taking medication or managing a health condition, please speak with your healthcare practitioner or book a consultation.