



## ***How To Brew Herbal Teas***

You can see them! The leaves, buds, stems, blossoms and all the other good things **we've left in** our herbal teas!

Our herbal teas are far from the ordinary, run-of-the-mill, finely ground tea in bags that you find just about everywhere.

We thought, if we're going to offer herbal teas, lets do it the right way.

**It looks different and it is different.** But to get the most out of it you must take the time to prepare it properly.

Here's How:

1. Add the recommended or desired amount of bulk tea to 1 quart of water.
2. Bring to a boil and let simmer/steep, covered for 20 minutes.
3. Strain, discarding the used tea, let cool, enjoy and reap the benefits of nature