Rest & Digest Tea

This tea is lightly floral, delicious, and calming.

1 tablespoon dried lemon balm
1 tablespoon dried chamomile flowers
1 tablespoon dried rose petals
1 tablespoon dried oatstraw
Pinch of dried lavender flowers

Steep the herbs in 14 ounces of hot water, covered, for 5 (or 20) minutes.
Strain. Add honey if desired.
Enjoy!

Cold Brew Lemon Balm

A refreshing drink for hot summer days

2 springs fresh lemon balm (15-20 leaves)
1 quart water

Crush the lemon balm (to release its scent) and add it to a quart jar.
Fill the jar with cool water, cover, and put in the fridge.

Steep for 30 minutes or overnight.

Strain, only if desired.

Drink within 24 hours.
Lemon Balm Nourishing Infusion

A strong brew that is deeply relaxing.

1/2 cup dried lemon balm
3 1/2 cups of water

Place the lemon balm in a 1-quart jar or teapot.
Fill the jar with just-boiled water.
Add honey or stevia if desired.
Let steep, covered, for 4 hours or overnight.
Strain.
Drink within 24 hours.