

Siberian CedarLand

***These premixed teas are best brewed in a teapot or percolator or even a simple stainless still pot with a lid rather than just a cup at a time because it gives the herbs more time to steep. Hot water can be added to the teapot or percolator several times so the tea can be steeped, again and again, this way you get the most out of the herbs.

For more information on making teas, infusions and decoctions see **my HERBS** page.

This is my preferred method of Brewing:

Bring water to a full rolling boil in a 3 qt stainless steel pot.

Submerge your Herbal blend and turn the burner off.

Set the pot aside and cover it with a thick towel. Let it cool down slowly for 4 to 10 hours or overnight. Strain the herbs out and add honey(optional). Keep in the fridge for up to 3 days. Freeze excess in silicone molds, then store the ice cubes in a plastic bag or a container. Gently heat up on a stove top as needed.

The ratio for an herbal infusion:

4 cups of water to 1 oz of herbs. Adult dose - 2 cups a day.

The ratio for a strong herbal tea:

8-10 cups of water to 1 oz of herbs. Adult dose 3-4 cups a day

Infants & Children Dosage:

6-12 months old – 1/10th of an adult dose

1-6 years old – 1/3 adult dose

7-12 years old – 1/2 adult dose.

I like to keep the pot (with the herbs in) in my fridge, so then it is easy to worm it up (slightly above room temperature) right in the pot the tea is in. And then strain some in a cup as we need it, add some honey, lemon, freshly ground ginger and enjoy any time of the day.

Note: do not add honey in a hot* tea, because the honey's beneficial enzymes are heat sensitive and are destroyed in 120F and above temperatures.

A single cup size Brewing Recommendations:

1. Heat 1 cup of water to a full rolling boil.
2. Add 1 teaspoon of tightly packed herbs into a tea strainer.
3. Pour the hot water over herbs, cover and steep for 30 mins. Remove tea strainer and herbs. Sweeten if desired. Drink throughout the day.

PACKAGING & STORING: All Herbal blends size 1 oz and 2 oz packaged in a BIO-bags that are made with plant material and are compostable/recyclable. The 5 oz size packaged in a paper brown bag, which then sealed in a plastic zip-lock bag.

Once you receive your package, I recommend transferring the herbs in a clean and dry, glass, stainless steel container with a lid. Place the Inclosed sticky label on your jar, for an easy identification of your Herbal blends.

As is the case with most herbs, this dry mixture should be stored in a dark, dry, and cool place. Refrigeration or freezing is great, but not necessary.

All of the products I sell are truly organic and free of preservatives, artificial fragrances, flavors, and colors. Naturally GFCSF. MSG Free.

Milla Ezman