

# HORTIKI PLANTS

## TIPS FOR MAKING FRESH HERBAL TEA



- HARVEST THE OLDER, LARGER LEAVES OF THE PLANT ALLOWING THE YOUNGER LEAVES TO CONTINUE GROWING. SNIP OFF LEAVES CLOSE TO THE BASE OF THE LEAF USING SHARP SCISSORS.

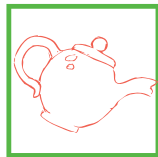


- HANDLE WITH CARE.

BE CAREFUL NOT TO CRUSH THE LEAVES UNTIL YOU ARE READY TO MAKE YOUR TEA TO PRESERVE THE PLANT'S ESSENTIAL OILS.



- FOR ONE CUP OF WATER ADD AT LEAST THREE TEASPOONS OF CRUSHED FRESH LEAVES. ALTER AS NEEDED ACCORDING TO YOUR TASTE PREFERENCE OR ACCORDING TO THE PLANT VARIETY.



- STEEP TEA FOR 3-5 MINUTES (OR LONGER ACCORDING TO TASTE).



- FOR FRESH SUMMER ICED TEA, LET COOL NATURALLY. ADD ICE JUST BEFORE SERVING SO YOU DON'T WATER DOWN THE FLAVOR OF YOUR TEA.



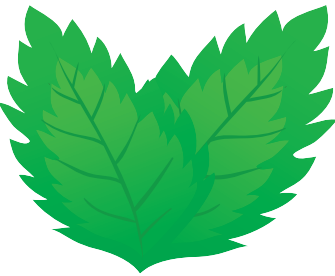
- USE COOL TEAS FOR SKIN CARE.

SOAK COTTON PADS OR A THIN CLOTH IN THE TEA. APPLY TO SUNBURNED OR OVERHEATED SKIN AND BUG BITES.

# HORTIKI PLANTS

## COOLING HERBS FOR SUMMER HEAT

### MINT



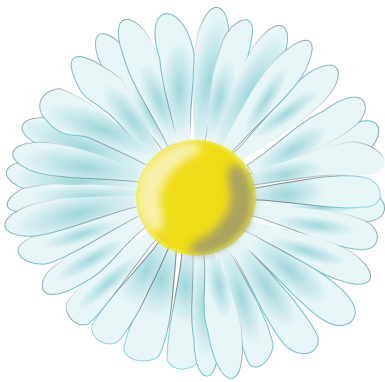
CONTAINS ROSMARINIC ACID WHICH HAS BOTH ANTIBACTERIAL AND ANTI-INFLAMMATORY PROPERTIES. USE WIDELY IN COOKING, FOR COOLING THE SKIN, SOOTHING ALLERGIES, AND FOR CALMING AN UPSET STOMACH.

### ALOE VERA

CONTAINS ANTHRAQUINONES, WHICH HEAL AND REDUCE PAIN THROUGH ANTI-INFLAMMATORY EFFECTS. USE AS A SALVE FOR SUNBURN, BLISTERS, OR OVERHEATED SKIN.



### CHAMOMILE



CONTAINS APIGENIN, AN ANTIOXIDANT THAT PROMOTES SLEEP AND RELAXATION. ALSO HAS ANTI-INFLAMMATORY PROPERTIES. USE FOR CALMING ANXIETY, BOOSTING IMMUNITY AGAINST SUMMER COLDS, AND TO CALM AND MOISTURIZE OVERHEATED SKIN.

### LEMON BALM

CONTAINS ROSEMERIC ACID WHICH HAS ANTIVIRAL, ANTIBIOTIC, AND ANTIFUNGAL PROPERTIES. APPLYING TO THE SKIN CAN HELP HEAL BLISTERED AREAS. USE 1/4 CUP OF LEAVES, PACKED TIGHT FOR ONE CUP OF TEA.

