

### How to make a medicinal strength tea:

1. Put 4-5 tablespoons in a quart jar
2. Pour almost boiling water over herbs and fill to the top
3. Close up jar & let steep overnight
4. Strain in the morning
5. Put into water bottle & drink throughout the day, or divide into 3-4 cups. Can be drunk hot or cold.



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### Loose leaf herbal tea by the cup:

- 1-3 teaspoons per cup  
Steep 5-10 minutes - covered



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- 1-3 teaspoons per cup  
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### Herbal tea with roots by the cup:

- 1-3 teaspoons per cup  
Simmer, cover 15 minutes on low heat  
Turn off heat & let sit for 10 minutes  
Strain & Drink



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