



# Hibiscus

**Botanical Name:** *Hibiscus Sabdariffa*

We've worked closely with our Nigerian producers. Over the last few years we have invested in a ground-breaking joint programme to grow some of our crops, such as Hibiscus on virgin land, helping to improve quality and organic integrity. This has involved specific training for the farmers on organic growing best practice, the production of high quality composts to increase the soil fertility and establishing a clean water supply by digging a bore hole. Hibiscus is a Nigerian summer crop sown in July and August, and harvested in November and December. With its sweet and slightly sharp, cranberry-like flavor, the infusion of dried Hibiscus flowers makes an incredible crimson liquor.

Hibiscus flowers are rich in vitamin C and thought to boost immunity and support lowering blood pressure. Hibiscus tea can be drunk hot or cold, often with honey or sugar to sweeten.

TASTING NOTES: Fruity, acidic and slightly floral.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications. This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from Angola and Nigeria.



**Now that you know more about Hibiscus, you should check out our blends with Hibiscus. Oduduwa, The Lion Sleep Tonight, Colorful Arusha**

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