

EST 2016



# W I L D F L O W E R

— T E A S H O P & A P O T H E C A R Y —

Brewing tea is an art, so you may find you tweak these recommendations to your liking, but here is a good place to start. Delight in the color and texture of the blend, deeply inhale the aroma and truly taste your tea along with a thought of gratitude or positive affirmation.

*May it bring you peace and vitality with each sip!*



## *How to brew the perfect cups of tea*

### **Black**

1 tsp per 8 oz of water, 205°F, steep 4-5 minutes

*(Note: For Chai, we bump this to 1 tbs per 8 oz to make a nice strong brew.)*

### **Green, White, and Oolong**

1 tsp per 8 oz of water, 185°F, steep 2-3 minutes

### **Herbal**

1 tbs per 8 oz of water, 205°F, steep for 5+ minutes

*(Note: The longer the steep, the stronger the flavor and effects.)*

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