

How to Make a Rich Full-Tasting Tea

One Cup:

You need:

- Tea bag, tea ball or cup infuser
- Mug or tea cup
- **2 tablespoons** dried herb
- Boiling water
- Honey, sweetener, lemon juice or milk (optional) - to taste

To Prepare:

1. Start water to boil.
2. Put herb in tea bag, ball or infuser
3. Pour boiling water in tea cup
4. Put in tea bag or ball
5. Let steep **5 minutes**
6. Take out tea bag
7. Sweeten to taste with honey or other sweetener (optional)

NOTE: STEEPING TEA TOO LONG CAN MAKE IT BITTER.
Stir and enjoy!

One Quart:

You need:

- **Mason Jar Method:** 1 quart jar w/ lid + tea bag
- **Infuser Teapot Method:** 6 cup teapot w/ infuser
- **French Press Method:** 1 quart French Press
- **1/2 cup (.5 oz.)** dried herb (will almost fill 3x5 tea bag)
- Boiling water
- Honey, sweetener, lemon juice or milk (optional)

To Prepare:

1. Bring to boil a little more than a quart of water.
2. Put dried herb in tea bag, infuser or French Press
3. When water is boiling, pour water in jar, teapot or press to near top (if using tea bag, leave string hanging out).
4. Put on lid.
5. Steep **20 minutes** if using jar or teapot
15 minutes if using French Press or if herb is free-floating
6. After steeping, remove tea bag or infuser - with French Press, push down herb to bottom of press and pour tea out.
7. Add sweetener or additions to taste.
Stir and enjoy!

Iced Tea:

Simply place prepared tea in refrigerator to cool. Serve over ice. Tea will keep for nearly a week.

WARNING:

If hot tea is in glass, let tea cool before putting in refrigerator.

Our preferred amount of honey per quart of tea is 3 tbs (2.4 oz. by wt)



Most Common Uses:

allergies, inflammation, pneumonia, whooping cough, cold, flu, fever, sore throat, congestion, arthritis, infection, digestion, depression, female applications, kidney, liver, relaxation, and....

just because its good for you and it tastes good.

Ingredients

Red Clover
Red Raspberry Leaf
Nettle
Chamomile
Wintergreen
Spearmint

Red Clover
HERBS & MARKET

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Red Clover



Calcium
Magnesium
High Mineral Content
Virtually every trace mineral needed by the glands

Actions:

- Anti-inflammatory*
- Anti-spasmodic*
- Alterative
- Blood purifier*
- Cleansing*
- Diuretic
- Hormone balancer
- Skin Remedy*

Conditions:

- Flu & Colds*
- Acne & Skin Problems*
- Allergies*
- Arthritis & Rheumatism*
- Boils
- Bronchitis & Coughs*
- Cancer & Tumors
- Childhood diseases*
- Eczema & Psoriasis
- Eye Infections
- Fertility*
- Insomnia*
- Lactation*
- Menopause*
- Nervous disorders*
- Whooping cough

Possible Red Clover Side Effects:

Safe in normal amounts, but consult a physician if you are pregnant. (Pregnant animals have had miscarriages after grazing heavily on clover.)

Red Raspberry Leaf



Calcium (large amounts)
Vitamins A, C, E
Iron
Vitamin B complex
Phosphorus
Potassium

Actions:

- Astringent*
- Digestive remedy*
- Lowers blood sugar*
- Mental relaxer*

Conditions:

- Bronchitis*
- Calming*
- Flu & Colds*
- Depression
- Diabetes*
- Diarrhea & Constipation
- Exhaustion & Fatigue*
- Digestive disorders*
- Mood changes

- Eyewash*
- Fractures
- High blood pressure*
- Prostrate gland
- Mouth sores
- Mucous membranes
- Nausea
- Nervous disorders
- Rheumatism*
- Sore throat*
- Ulcers

Female Reproduction:

- Childbirth*
- Leukorrhea
- Menopause*
- Menstrual cramps
- Morning sickness
- Placenta delivery
- Pregnancy
- Prevent miscarriage
- Uterine tonic
- Uterine stimulant
- Lactation*
- Tones pelvic muscles
- Afterpain*
- Fertility*

Nettle



Includes nearly every vitamin & mineral necessary for human health & growth.
Vitamins A, C, D & K
High in Chlorophyll
Calcium & Iron
Phosphorus & Potassium
High mineral content

Actions:

- Anti-inflammatory*
- Astringent*
- Nourishes adrenal
- Builds/purify blood*
- Digestive remedy*
- Lowers blood sugar*
- Stimulates circulation
- Nourishes Kidneys
- Nourishes Liver
- Skin remedy*

Conditions:

- Hayfever*
- Hemorrhage*
- Hemorrhoids*
- High blood pressure*
- Insect bites
- Lactation*
- Leg cramps
- Muscle spasms
- Leukorrhea*
- Lymph glands
- Night sweats
- Childbirth pain*
- Urinary problems*
- Allergies*
- Anemia
- Asthma*
- Arthritis & Rheumatism*
- Baldness
- Bladder infection*
- Bleeding*
- Dandruff*
- Diarrhea*
- Eczema*
- Fertility*
- Gout

Chamomile



Calcium
Iron
Potassium
Manganese
Vitamins A & C

Actions:

- Anti-inflammatory*
- Anti-spasmodic*
- Blood purifier*
- Mental relaxer*
- Nourishes Kidneys*
- Nourishes Spleen
- Reduces Hyperactivity
- Digestive remedy*

Conditions:

- Improve appetite
- Asthma*
- Bladder infection*
- Bleeding*
- Bronchitis*
- Childhood diseases*
- Flu & Colds*
- Colic*
- Colitis
- Corns & callouses
- Cramps
- Dandruff*
- Digestive disorders*
- Dizziness
- Drug withdrawal
- Earache
- Exhaustion & tension*
- Reduces fear
- Headache*
- Hemorrhage*
- Hemorrhoids*
- Insomnia*
- Jaundice
- Menstruation*
- Migraine headache*
- Nervous disorders*
- Pain*
- Parasites
- Pinkeye & eyes*
- Sleep inducer
- Swelling*
- Toothache
- Worms
- Wounds

Spearmint



Iron
Potassium
Manganese
Magnesium
Vitamins A, C, B-6

Actions:

- Anti-inflammatory*
- Anti-spasmodic*
- Digestive remedy*
- Mental relaxer*
- Skin remedy*

Conditions:

- Breath freshener
- Calming*
- Diabetes*
- Digestive disorders*
- Decongestant*
- Fever
- Headache*
- Heart
- Pain*
- Rheumatism*
- Skin problems*
- Stomach pain*
- Swelling*
- Varicose veins
- Venereal disease
- Water retention
- Whiten teeth

Wintergreen



Actions:

- Anti-inflammatory*
- Anti-septic

Conditions:

- Arthritis*
- Colic*
- Flatulence*
- Painful muscles & rheumatism*
- Sore throat*

The herbs in this herbal tea blend are nutritive - they act like food to the body. - and have been used in the past for the above ailments. So make up tea if you feel a cold coming on, have any of the above ailments or you're just needing to relax - any way will work.

See back for instructions on how to make tea.

*Indicates more than one herb in this blend have this property, thereby this effect may be strengthened.

For Educational purposes only This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease. If you detect any of the following side effects, please discontinue use and consult your healthcare provider: headaches, muscle pain, nausea, signs of liver distress (stomach pain, jaundice, or dark urine), or signs of an allergic reaction such as rash, hives, itching, swelling in the mouth or throat, wheezing or difficulty breathing.