



Green Metallic Sweat
Bee and Mint

Garden Herbal Tea



The flowers of many common herbs, such as rosemary, thyme, basil and mint, provide great food for bees like the sweat bee. They also help make our food taste better! A simple way to enjoy fresh herbs is by making tea.

Ingredients

1 to 2 Tablespoons dried or 2 to 4 Tablespoons fresh herbs (see Notes)

boiling water

Directions

1. Wash hands with soap and water.
2. Place herbs at the bottom of a drinking cup or mug.
3. Fill the cup with water to cover the herbs. Let sit for 10 minutes. This is called "steeping."
4. Strain the herbs from the water (see Notes) and enjoy the tea warm or cold.
5. Refrigerate leftovers within 2 hours.



Notes

- Ideas for tea ingredients:
 - Leaves: basil, bee balm, cilantro, lemon balm, lemon verbena, lavender, lemongrass, mint (any type), parsley, rosemary, sage, stevia, Thyme
 - Flowers: calendula, chamomile, echinacea, hibiscus, lavender, rose (petals and hips), yarrow
 - Seeds: cardamom, coriander, fennel (grind or chop first)
 - Roots: chicory, ginger (chopped)
 - Fruit: fresh berries (any type), fresh or dried citrus peel (any type)
- Try blending ingredients, such as lemon balm and mint. Have fun trying new blends.
- Ways to strain tea: put ingredients into a tea strainer or any strainer that fits into your cup, such as a coffee filter, paper towel or empty tea bag, or pour steeped tea through a strainer into a clean cup.
- For a stronger or lighter flavor, try different amounts of ingredients and steeping time.
- Use only tea ingredients that you know are safe to consume.
- Try growing your own plants for tea, in the ground or in pots.

Makes 1 cup of tea
Prep time: 10-15 minutes

Nutrition Facts	
1 servings per container	
Serving size	1 cup (240g)
Amount per Serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 14mg	0%
Iron 0mg	0%
Potassium 22mg	0%
Vitamin A 7mcg	0%
Vitamin C 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Green Metallic Sweat Bee Photo: US Department of Agriculture