



How to Choose The Best Herbs For Iced Teas

For a mildly flavored brew... *Chamomile, Red Clover, Rooibos*

Extra-refreshing tea... *Peppermint, Spearmint*

Natural citrus flavors... *Lemon Balm, Lemongrass, Lemon Verbena, Orange Peel*

Vibrant red color and tangy flavor... *Rose Hips, Hibiscus, Hawthorn Berries*

For energizing, caffeinated blends: *Green Tea, Black Tea*

De-caffeinated herbs with tea-like flavor... *Rooibos, Red Raspberry Leaf*

HERBAL ICED TEA 101

Herbal iced teas are the refreshingly, healthy alternatives to the high sugar sodas and artificially flavored "fruit" drinks. And with so many naturally flavored herbs and spices- the possibilities are limited only by the imagination.

Brewing iced tea is much the same as brewing hot tea. However, here are a few tips for making great homemade iced herb teas:

- ☼ Make a slightly stronger infusion to compensate for the dilution of added ice cubes
- ☼ It's best to use more herb rather than steeping longer (this prevents a bitter flavor)
- ☼ While steeping, add sweeteners such as stevia, maple syrup or honey
- ☼ Enhance with real fruit juices or seltzer water
- ☼ Garnish with fresh fruits such as peaches, apples, strawberries, and oranges
- ☼ For flavorful and a fun presentation, use red hibiscus tea ice cubes

General Directions For Brewing A Cup: Bring cold water to a boil. Add 2 tablespoons dried herbs to 1 cup of boiling water. Let steep for approximately 3-5 minutes or until desired strength. Add preferred sweetener.

General Directions For Brewing A Gallon: Pour 1 quart of boiling water over 2 ounces of dried herb. Steep 6 minutes, strain and stir into 3 quarts of cold water. Serve with ice and honey to taste.

Apple Spiced Green Tea

(Serves 4 to 6)

- 4 cups water
- 2 tablespoons honey
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon freshly grated cinnamon
- 1 Granny Smith apple, seeded and coarsely chopped, plus slices for serving
- 4 strips orange zest from half of an orange
- 1/3 cup green tea, loose

Directions

1. Combine water, honey, nutmeg, cinnamon, apple, and orange zest in medium pot; bring to a boil, reduce heat, and simmer 2 minutes.
2. Cover, remove from heat, and let steep 15 minutes. Strain through a fine mesh sieve over the green tea leaves, pressing all the juices from the apple. Let steep for 1 minute.
3. Fill a pitcher 1/3 full of ice. Strain out the tea into the pitcher. Serve in tall glasses with apple slices and ice.



Green Tea Cranberry Spritzer

(Serves 4)

- 1/3 cup sugar
- 1/3 cup water
- 4 teaspoons loose Green Tea
- 1/2 cup chilled unsweetened Cranberry Juice
- 3 cups chilled Seltzer water

Directions

1. Bring sugar and water to a boil in a saucepan. Cook, stirring, until sugar dissolves. Let cool completely.
2. Steep Green Tea in 2 cups boiling water for 2 minutes (using large tea bag or cloth muslin bags).
3. Let cool completely. Divide tea, cranberry juice and the simple syrup among 4 ice-filled glasses and top with chilled seltzer.

