

### Common Herbs for Tea:

#### **Agastache (Hyssop) - leaves, flowers**

- Flavor: Depending on variety, varying intensity of: Minty, licorice-like, Floral, Sweet
- Benefits: Known to soothe colds, digestion, and can soothe sore throats.

#### **Basil (including Holy Basil or Tulsi) - leaves**

- Flavor: Sweet, spicy, and slightly minty
- Benefits: Holy Basil (Tulsi) is known for its stress-relieving and immune-boosting properties.

#### **Bee Balm (Monarda) - leaves, flowers**

- Flavor: Spicy, minty, a hint of citrus - tastes very similar to the bergamot flavor in Earl Gray tea
- Benefits: Supports respiratory health, digestion, and has antimicrobial properties.

#### **Calendula - flower petals**

- Flavor: Mild, slightly peppery, and floral
- Benefits: Supports skin health, reduces inflammation, and helps soothe sore throats.

#### **Catnip - leaves, flowers**

- Flavor: Mildly minty with a hint of lemon.
- Benefits: Calming, helps with anxiety, and aids digestion.

#### **Chamomile - flowers**

- Flavor: Light, floral, and sweet.
- Benefits: Helps with relaxation, digestion, and can improve sleep quality.

#### **Coriander (Cilantro Seeds) - seeds**

- Flavor: Citrusy, slightly sweet, and nutty.
- Benefits: Aids digestion, helps with bloating, and supports immune health.

#### **Dandelion - leaves, roots**

- Flavor: Slightly bitter, earthy, and mildly sweet.
- Benefits: Supports liver detoxification, digestion, and is a mild diuretic.

#### **Echinacea - roots, leaves, flowers**

- Flavor: Mild, slightly grassy, and herbal.
- Benefits: Immune-boosting, helps to shorten the duration of colds and flus.

#### **Fennel - seeds**

- Flavor: Licorice-like, sweet, and mild.
- Benefits: Soothes digestion and bloating, and can relieve heartburn.

#### **Hibiscus - flowers (calyx)**

- Flavor: Tart, cranberry-like, and slightly sweet.
- Benefits: Supports heart health, reduces blood pressure, and has antioxidant properties.

#### **Horehound - leaves**

- Flavor: Bitter, with a slightly minty aftertaste.
- Benefits: Traditionally used for coughs and colds, supports respiratory health.

#### **Lavender - flowers**

- Flavor: Floral with a subtle sweetness.
- Benefits: Known for its calming and stress-relieving properties.

#### **Lemon Balm - leaves**

- Flavor: Mildly lemony and sweet.
- Benefits: Calming, reduces anxiety and stress, and aids sleep.

**Lemon Grass** - *stalks (lower part)*

- Flavor: Bright, citrusy, and slightly sweet.
- Benefits: Reduces stress, aids digestion, and promotes relaxation.

**Lemon Thyme** - *leaves*

- Flavor: Earthy with a hint of citrus.
- Benefits: Great for respiratory health, coughs, and colds, with an uplifting lemony flavor.

**Marjoram** - *leaves*

- Flavor: Mild, sweet, and slightly minty.
- Benefits: Helps with digestion, relaxation, and mild respiratory issues.

**Mint (Peppermint, Spearmint, Chocolate Mint)** - *leaves*

- Flavor: Refreshing, cooling, and sweet.
- Benefits: Aids digestion, soothes nausea, and relieves headaches.

**Oregano** - *leaves*

- Flavor: Earthy, savory, and strong.
- Benefits: Antiviral / antibacterial properties, supports immune health, helps w/ respiratory issues.

**Passionflower** - *leaves, stems, flowers*

- Flavor: Mild and floral, slightly earthy.
- Benefits: Calming, helps with insomnia, and reduces anxiety.

**Raspberry Leaf** - *leaves*

- Flavor: Mild, similar to black tea, with earthy undertones.
- Benefits: Supports reproductive health, especially in women, and eases cramps.

**Red Clover** - *flowers*

- Flavor: Mildly sweet and earthy.
- Benefits: Supports respiratory health, reduces inflammation, and detoxifies the body.

**Rosemary** - *leaves*

- Flavor: Piney, woody, and strong.
- Benefits: Supports memory and focus, relieves headaches, and aids digestion.

**Sage** - *leaves*

- Flavor: Earthy, savory, and slightly peppery.
- Benefits: Promotes cognitive function and is anti-inflammatory. Can also soothe sore throats.

**Stinging Nettle** - *leaves (dried)*

- Flavor: Earthy and slightly grassy.
- Benefits: Rich in vitamins and minerals, supports kidney function, and helps reduce inflammation. This is my go-to for treating allergies (hay fever).

**Stevia** - *leaves*

- Flavor: Intensely sweet.
- Benefits: Can be used as a natural sweetener in teas.

**Thyme** - *leaves*

- Flavor: Earthy, slightly minty, and robust.
- Benefits: Has antibacterial properties, great for respiratory health, and soothing coughs.

**Yarrow** - *flowers, leaves*

- Flavor: Bitter, earthy, and mildly floral.
- Benefits: Supports respiratory and digestive health, helps reduce fever.

***Try blending herbs for unique flavors and health benefits:***

- **Relaxing Tea:** Chamomile, lavender, lemon balm
- **Digestive Tea:** Peppermint, ginger, fennel
- **Energizing Tea:** Rosemary, mint, lemon verbena

**Preparation:**

- Use fresh or dried herbs, about 1-2 teaspoons (dry) or (2-3 tsp (fresh) per cup of hot water \*\*  
Dried herbs often have more concentrated flavors
- Steep herbs in hot water for 5-10 minutes (but adjust based on desired intensity) Delicate (mint) need less time. Roots (dandelion) may need longer.
- Strain before drinking
- Optional: add honey or lemon for extra flavor