

Herbal Teas (Tisanes)

Herbal teas, more accurately called tisanes, are beverages made through the process of water extraction of herbs, spices, and other plant materials. The title of "tea" belongs to a variety of beverages derived from the *Camellia sinensis* plant. Black, green, white, and oolong teas are all created through the specific harvesting and treatment of the leaves. Herbal tisanes on the other hand are often caffeine-free and come from a wide variety of plants.

The use of herbs dates back thousands of years and spans across the globe. Ancient civilizations, including the Greeks, Egyptians, Chinese, and many Indigenous peoples, utilized herbs in food as well as for their medicinal and therapeutic properties. Herbal extractions are an integral part of traditional medicine systems such as Traditional Chinese Medicine (TCM), Ayurveda, Native American, and holistic healing practices to this day.

Our choice of herbs can be customized based on desired flavors and health benefits. Herbal tisanes can be consumed hot or iced, and can be delicious plain or with your favorite creamer and sweetener.

Herbal extractions can be made from a wide array of plant parts, including leaves, flowers, seeds, roots, and bark.

Some popular flavor profiles include:

- **Floral Teas:** Chamomile, Elderflower, Rose
- **Leaf Teas:** Mints, lemon balm, nettle
- **Root Teas:** Ginger, dandelion root, licorice root
- **Fruit Teas:** Rose hips, dried fruits and berries, citrus peel
- **Spice Teas:** Cinnamon, cardamom, cloves

Common desired health benefits include:

- **Digestive Health:** Peppermint and ginger teas can soothe the digestive tract and alleviate nausea and indigestion.
- **Relaxation and Sleep:** Chamomile and lavender teas are well-known for their calming effects, helping to reduce stress and promote restful sleep.
- **Immune Support:** Echinacea, elderberry, and rose hip teas can boost the immune system and help ward off colds and infections.
- **Detoxification:** Dandelion and nettle teas have detoxifying properties that support liver and kidney health.
- **Anti-Inflammatory:** Turmeric and ginger teas have potent anti-inflammatory effects, which can help reduce pain and inflammation.

Herbal teas offer a delightful and healthful way to enjoy the flavors and benefits of various plants. Whether seeking relief from a specific ailment or simply savoring a soothing cuppa', the world of herbs provides endless opportunities for exploration and well-being. With a rich history and diverse range of ingredients, herbal drinks continue to be a cherished part of cultures around the globe.

Preparing an Herbal Infusion

Suitable for delicate parts of plants like leaves, flowers, and soft stems.

- 1-2 teaspoons of dried herbs (or 1-2 tablespoons of fresh herbs) per cup of water
- Teapot or heatproof jar for brewing
- Strainer or tea infuser
- Mug

Instructions:

1. **Boil Water:** Bring fresh, cold water to a rolling boil.
2. **Measure Herbs:** Place the herbs in a teapot, heatproof jar, or directly into a tea infuser.
3. **Pour Water:** Pour the boiling water over the herbs.
4. **Steep:** Cover and let steep for a minimum of 5-10 minutes, depending on the desired strength.
5. **Strain:** If the herbs are loose, strain the infusion into a mug using a fine-mesh strainer. If using an infuser, simply remove it.
6. **Serve:** Enjoy your herbal infusion hot, or let it cool and serve over ice.

Preparing an Herbal Decoction

Herbal decoctions are ideal for tougher parts of plants like roots, bark, and seeds.

- 1-2 teaspoons of dried plant matter per cup of water
- Teapot or saucepan with lid
- Strainer (It helps to have a sturdy container the strainer sits in stably on its own.)

Instructions:

1. **Measure Herbs:** Place the herbs in a saucepan.
2. **Add Water:** Pour cold water over the herbs, using about 2 cups of water per 1-2 tablespoons of dried herbs.
3. Bring the mixture to a boil over medium-high heat.
4. **Simmer:** Reduce the heat to low and let simmer gently for 20-30 minutes. For a stronger decoction, you can simmer for up to an hour.
5. **Strain:** Strain the decoction into a mug using a fine-mesh strainer.
6. **Serve:** Enjoy your herbal decoction hot, or let it cool and serve over ice.

Tips:

- For both infusions and decoctions, you can adjust the herb-to-water ratio based on your taste preference and the specific herb's potency.
- Store any leftover infusion or decoction in the refrigerator and consume within 24-48 hours for best flavor and efficacy.
- Some herbs may benefit from a longer steeping or simmering time to fully extract their beneficial properties.

Medical Disclaimer

The information provided about herbs and herbal products is for educational purposes only and is not intended as medical advice. Herbal remedies may interact with medications or underlying health conditions. Consult with a healthcare provider before starting any new herbal regimen, especially if you are pregnant, nursing, have a medical condition, or are taking other medications. Always seek the guidance of a qualified health professional with any questions you may have regarding your health or a medical condition. The use of herbs should not replace professional medical treatment.

Allspice

Tasting Notes: Warm, spicy, similar to a mix of cinnamon, nutmeg, and cloves. Enhances chai blends, holiday teas, and spiced beverages.

Health Benefits: Warms digestion, reduce inflammation, and improve circulation.

Precautions: Avoid excessive consumption; may cause allergic reactions in some individuals.

Anise (Star)

Tasting Notes: Sweet, licorice-like flavor. Flavoring for herbal, digestive, and soothing bedtime blends.

Health Benefits: Eases digestive issues, helps with respiratory health, and has antifungal properties.

Precautions: Can interact with estrogen-sensitive conditions; consult a doctor if pregnant.

Basil

Tasting Notes: Sweet, slightly peppery flavor with hints of mint and clove. Combines well in herbal blends, especially with mint and lemon balm.

Health Benefits: Antibacterial properties, reduces stress, and supports digestion.

Precautions: Generally safe, but large amounts may cause blood clotting issues.

Blueberry

Tasting Notes: Mildly sweet and fruity. Adds flavor to fruit teas and antioxidant-rich blends.

Health Benefits: Rich in antioxidants, supports heart health, and boosts immune function.

Precautions: Generally safe; consume in moderation.

Butterfly Pea Flower

Tasting Notes: Earthy and woody with a mild flavor. Provides vibrant blue color to infusions and cocktails. Magically changes to bright pink with added acid like citrus.

Health Benefits: Antioxidant properties, enhances skin and hair health, and may improve cognitive function.

Precautions: Generally safe; monitor for any allergic reactions.

Calendula

Tasting Notes: Mildly sweet, slightly peppery. Soothing infusions, especially for digestive and skin health.

Health Benefits: Anti-inflammatory, promotes wound healing, and supports digestive health.

Precautions: May cause allergic reactions in those sensitive to ragweed or similar plants.

Cardamom

Tasting Notes: Warm, sweet, and spicy. Enhances chai, digestive, and spiced herbal blends.

Health Benefits: Aids digestion, has anti-inflammatory properties, and can aid respiratory health.

Precautions: Generally safe; excessive amounts may cause gastrointestinal issues.

Chamomile

Tasting Notes: Sweet, floral, and apple-like. Calming bedtime, digestive, and stress-relief infusions.

Health Benefits: Promotes relaxation, aids sleep, and soothes digestive issues.

Precautions: Avoid if allergic to ragweed; may cause drowsiness.

Cherry

Tasting Notes: Sweet and slightly tart. Adds flavor to fruit and antioxidant-rich blends.

Health Benefits: Anti-inflammatory properties, supports heart health, and may improve sleep.

Precautions: Generally safe; excessive consumption may cause gastrointestinal upset.

Cinnamon

Tasting Notes: Warm, sweet, and spicy. Spiced, chai, and winter herbal infusions.

Health Benefits: Antioxidant properties, supports blood sugar regulation, and has anti-inflammatory effects.

Precautions: High doses may cause liver damage; avoid excessive consumption beyond a spice.

Clary Sage

Tasting Notes: Sweet, herbal, and slightly musky. Stress-relief, hormonal balance blends, and calming infusions.

Health Benefits: Balances hormones, reduces stress, and has antimicrobial properties.

Precautions: Avoid during pregnancy; can interact with hormone-sensitive conditions.

Cloves

Tasting Notes: Warm, spicy, and aromatic. Spiced, chai, and holiday herbal infusions.

Health Benefits: Antimicrobial properties, aids digestion, and has analgesic effects.

Precautions: High doses may cause liver damage; use sparingly.

Dandelion

Tasting Notes: Earthy and slightly bitter. Detox, digestive, and liver-support infusions.

Health Benefits: Supports liver health, promotes digestion, and has diuretic properties.

Precautions: May interact with diuretics and blood sugar medications; consult a doctor if you have gallbladder issues.

Elderflower

Tasting Notes: Sweet, floral, and slightly musky. Soothing beverages, cold and flu blends, and digestive infusions.

Health Benefits: Antioxidant properties, supports respiratory health, and has anti-inflammatory effects.

Precautions: Avoid if allergic to elderberry plants; raw elderberry can be toxic.

Eucalyptus

Tasting Notes: Refreshing, minty, and slightly camphorous. Respiratory, soothing, and cold and flu infusions.

Health Benefits: Supports respiratory health, has antimicrobial properties, and soothes sore throats.

Precautions: Avoid in large amounts; can be toxic if ingested in high doses.

Goji Berries

Tasting Notes: Sweet and slightly tangy. Adds flavor to antioxidant, energy blends, and health infusions.

Health Benefits: Rich in antioxidants, supports eye health, and boosts immune function.

Precautions: May interact with blood thinners and diabetes medications; consume in moderation.

Hawthorn Berries

Tasting Notes: Mildly sweet and slightly tart. Heart health, and calming blends.

Health Benefits: Supports heart health, reduces anxiety, and has antioxidant properties.

Precautions: Can interact with heart medications; consult a doctor before use.

Hibiscus Flowers

Tasting Notes: Tart, tangy, and cranberry-like. Refreshing iced, blood pressure infusions.

Health Benefits: Lowers blood pressure, rich in antioxidants, and supports liver health.

Precautions: Can lower blood pressure; avoid excessive consumption if hypotensive.

Horehound

Tasting Notes: Bitter and minty. Respiratory, cough, and digestive infusions.

Health Benefits: Eases coughs, supports digestive health, and has anti-inflammatory properties.

Precautions: Avoid during pregnancy; can interact with diabetes medications.

Jasmine

Tasting Notes: Sweet, floral, and aromatic. Calming, stress-relief, and aromatic infusions.

Health Benefits: Reduces stress, has antioxidant properties, and supports digestive health.

Precautions: Generally safe; avoid if allergic to jasmine flowers.

Jackfruit

Tasting Notes: Sweet and tropical. Adds flavor to fruit, tropical, and antioxidant infusions.

Health Benefits: Rich in vitamins and antioxidants, supports digestion, and boosts immune function.

Precautions: Generally safe; monitor for any allergic reactions.

Juniper Berries

Tasting Notes: Piney, slightly sweet, and resinous. Detox, digestive, and aromatic infusions.

Health Benefits: Supports kidney health, has diuretic properties, and aids digestion.

Precautions: Avoid during pregnancy; can interact with diuretics and blood sugar medications.

Lemon Balm

Tasting Notes: Mildly lemony and slightly minty. Calming, stress-relief, and digestive infusions.

Health Benefits: Reduces stress, aids digestion, and supports sleep.

Precautions: Generally safe; large amounts may cause drowsiness.

Lemongrass

Tasting Notes: Citrusy and slightly sweet. Refreshing, digestive, and aromatic infusions.

Health Benefits: Supports digestion, has antimicrobial properties, and reduces inflammation.

Precautions: Generally safe; avoid if allergic to lemongrass.

Mango

Tasting Notes: Sweet and tropical. Adds flavor to fruit, tropical, and antioxidant infusions.

Health Benefits: Rich in vitamins and antioxidants, supports digestion, and boosts immune function.

Precautions: Generally safe; monitor for any allergic reactions.

Marjoram

Tasting Notes: Mildly sweet and herbal. Calming, digestive, and aromatic infusions.

Health Benefits: Supports digestion, reduces stress, and has antimicrobial properties.

Precautions: Avoid during pregnancy; large amounts may cause drowsiness.

Marshmallow

Tasting Notes: Mildly sweet and slightly earthy.: Soothing, digestive, and throat-soothing infusions.

Health Benefits: Soothes digestive tract, supports respiratory health, and reduces inflammation.

Precautions: Can interact with diabetes medications; consume in moderation.

Moringa

Tasting Notes: Earthy and slightly bitter. Nutrient-rich, health, and energy infusions.

Health Benefits: Rich in vitamins and antioxidants, supports immune function, and has anti-inflammatory properties.

Precautions: Avoid during pregnancy; can interact with thyroid medications.

Mugwort

Tasting Notes: Bitter and slightly minty. Digestive, calming, and dream-enhancing infusions.

Health Benefits: Supports digestion, reduces anxiety, and promotes vivid dreams.

Precautions: Avoid during pregnancy; can interact with anticoagulants.

Nettle

Tasting Notes: Earthy and slightly grassy. Detox, nutrient-rich, and allergy relief infusions.

Health Benefits: Rich in vitamins and minerals, supports kidney health, and reduces inflammation.

Precautions: Can interact with blood pressure and diabetes medications; consult a doctor before use.

Oregano

Tasting Notes: Strong, herbal, and slightly bitter. Digestive, immune support, and aromatic infusions.

Health Benefits: Antimicrobial properties, supports digestion, and boosts immune function.

Precautions: Avoid during pregnancy; can interact with anticoagulants.

Papaya

Tasting Notes: Sweet and tropical. Adds flavor to fruit, tropical, and digestive infusions.
Health Benefits: Supports digestion, rich in vitamins and antioxidants, and boosts immune function.
Precautions: Generally safe; monitor for any allergic reactions.

Passionflower

Tasting Notes: Mildly sweet and floral. Calming, stress-relief, and sleep support infusions.
Health Benefits: Reduces anxiety, promotes sleep, and supports nervous system health.
Precautions: Avoid during pregnancy; can cause drowsiness.

Plantain

Tasting Notes: Earthy and slightly bitter. Soothing, digestive, and wound-healing infusions.
Health Benefits: Supports digestive health, promotes wound healing, and has anti-inflammatory properties.
Precautions: Generally safe; avoid if allergic to plantain.

Peppermint

Tasting Notes: Refreshing, minty, and cooling. Digestive, refreshing, and soothing infusions.
Health Benefits: Supports digestion, relieves headaches, and has antimicrobial properties.
Precautions: Can interact with antacids and blood pressure medications; avoid if allergic to peppermint.

Raspberry Leaf

Tasting Notes: Mildly sweet and herbal. Women's health staple, pregnancy and womb support blends, and nutrient-rich infusions.
Health Benefits: Supports reproductive health, rich in vitamins and minerals, and may ease menstrual discomfort.
Precautions: Consult a doctor before use during pregnancy; can cause mild laxative effect.

Raisins

Tasting Notes: Sweet and slightly tangy. Adds gentle sweetness to infusions.
Health Benefits: Rich in antioxidants, supports digestion, and boosts energy.
Precautions: Generally safe; consume in moderation due to high sugar content.

Red Clover

Tasting Notes: Mildly sweet and slightly grassy. Women's health, detox, and calming infusions.
Health Benefits: Supports hormonal balance, rich in vitamins and minerals, and has anti-inflammatory properties.
Precautions: Can interact with blood thinners and hormone-sensitive conditions; consult a doctor before use.

Rose

Tasting Notes: Sweet, floral, and aromatic. Uses: Calming, soothing, and romantic blends.
Health Benefits: Reduces stress, supports skin health, and has antioxidant properties.
Precautions: Generally safe; avoid if allergic to roses.