

Herbal Tea Time

Menu

Teas

Wild sarsaparilla
Horsetail/Hibiscus
Linden flower
Spearmint/Catnip

Roasted dandelion root
Slippery elm/licorice
Valerian/hops
Wild cherry bark/ White pine needle
Juniper/Cranberry Tonic



Linden flowers

Treats

Dandelion pesto w/ smoked fish on crackers
Everlasting pea hummus w/olive on cracker
Marinated wild mushrooms w/highbush cranberry ketchup
Thimbleberry jam on limpa bread
Lavender butter cookies
Wintergreen cream/chocolate wafers

Teas made from leaves and flowers only require a short infusion time. Add one teaspoonful of the dried herb or 1 tablespoon of the fresh herb per cup of boiled water. It is best to make in a covered cup or teapot to prevent loss of volatiles, which are important flavor components. Allow to infuse for about 20 minutes for best flavor and to solubilize healthy components. After straining the tea, it can be re-heated if desired.

These Herbal Tea Time teas were made in this way: Linden flower, spearmint/catnip, valerian (roots & flowers)/ hops.



Hibiscus flower



Catnip

Hibiscus flowers and horsetail stems and leaves are best used after a longer infusion. Both should be infused about 4 hours. Hibiscus: 1 tablespoonful dried flowers per cup of boiled water. Add 1 tablespoonful of honey as well. Horsetail: 1 cup dried horsetail per quart of boiled water.

To make slippery elm tea: mix 1 teaspoonful of powdered slippery elm bark per cup of water. Bring to a boil, turn down heat and let simmer for about 15 minutes. This tea is very viscous (slimy) like mucous. Although a root, licorice tea can simmer for about 20 minutes to make a strong, sweet tea. Mix 3 parts slippery elm with 1-2 parts licorice root (it depends on how strong a licorice flavor you desire).



Spearmint



Valerian

Teas made from roots and barks require a longer cooking time. Add 1 tablespoonful of chopped roots or barks per 2 cups of water. Bring to a boil, reduce heat and allow to simmer for 4-6 hours until desired flavor is attained. I usually add honey to these teas. See example of roasted dandelion root tea below.

Other Herbal Tea Time teas made in this way: Wild sarsaparilla, wild cherry bark/white pine needles.



Dandelion roots

Roasted dandelion root tea

Chop freshly harvested roots in a blender or food processor. You want small pieces not powder. Spread on a baking pan and roast in the oven at 250 degrees for 1 ½ to 2 hours, turning the roots every 15-20 minutes. The roots will turn a dark brown when they are done.

To prepare tea, put 2 tablespoonsful of the roasted roots in 5 cups of water, bring to a boil, then turn down and let simmer for 2 hours. Turn off and let brew for 2 hours. Bring back to a simmer for 1 hour. Turn off, add honey to taste and let brew for 1 hour before rewarming and drinking.

Juniper gin cocktail

Soak about 100 juniper berries in 4 oz of gin. Let it soak about 7-10 days. The cocktail is 1 tablespoonful juniper gin in 3 ounces of cranberry juice. For added flavor add 1 or 2 sumac ice cubes.

Tasty and useful as a weekly tonic for dealing with chronic urinary infections.



Dandelion pesto

1 clove garlic, minced

$\frac{1}{4}$ tsp salt

2 cups dandelion leaves, chopped

$\frac{1}{2}$ cup walnuts, chopped

$\frac{1}{2}$ cup grated parmesan cheese

Fresh ground pepper

$\frac{1}{8}$ - $\frac{1}{4}$ cup olive oil



In a food processor, mince garlic with salt. Add dandelion leaves and pulse machine until they are chopped finely. Add walnuts and cheese and pulse until mixture is crumbly. Season with ground pepper. With food processor running, add oil slowly to form an emulsion. Stop when mixture holds together but isn't runny.

Make an hors d'oeuvre with teaspoonful of pesto on cracker with smoked fish.

Everlasting pea hummus

$1 \frac{1}{2}$ to 2 cups peas

Juice of $\frac{1}{2}$ lime

1 clove garlic

$\frac{1}{2}$ tsp cumin

$\frac{1}{4}$ to $\frac{1}{2}$ cup olive oil



Cook peas in water till softened.

In food processor, blend lime juice with garlic. Add peas and pulse until pureed. Add $\frac{1}{4}$ cup olive oil, blend. Continue blending while drizzling olive oil until smooth, soft paste consistency.

Make an hors d'oeuvre with 1 teaspoonful of hummus on cracker with 2 olive halves.

Highbush Cranberry Ketchup

4 cups highbush cranberries
1 tsp celery seed
1 tsp salt
1 tsp cinnamon
1/2 tsp pepper
2 cups honey
1 tsp allspice
1/2 cup water
1 cup onions, diced
2/3 cup apple cider vinegar
1 tsp ground cloves



Cook berries in water until soft and then force through sieve to remove seeds. Add onions, vinegar, honey and spices and boil until mixture thickens. Store in a glass jar. Keeps in refrigerator for up to 2 months.

This tastes like a fruity barbecue sauce with a bit of the classic highbush cranberry musky flavor. Great on meats, beans and mushrooms.

Tip: Harvest berries after first frost if possible. This will increase their natural sweetness

Marinated Mushrooms

1 lb mushrooms, sliced
1/4 cup olive oil
1/4 cup apple cider vinegar
1/4 cup diced onion
2 cloves garlic, minced
2 tsp brown sugar
1/2 tsp dried oregano
1/2 tsp whole peppercorns
1 bay leaf
salt and freshly ground pepper, to taste



Saute mushrooms in butter for 3-4 minutes. Combine remaining ingredients in a bowl. Add mushrooms and mix thoroughly. Place in an airtight container and refrigerate for at least 8 hours and up to 5 days.

Make hors d'oeuvre with 1 piece mushroom, 1 piece fresh tomato, 1 dollop highbush cranberry ketchup, 1 piece mushroom.

Honey Lavender cookies

$\frac{1}{4}$ cup sugar
1 tbsp honey
 $\frac{1}{2}$ cup butter, softened at room temp.
1 $\frac{1}{2}$ tsp lavender buds - roughly chopped
1 large egg yolk
1 tsp vanilla
1 cup plus 2 tbsp all purpose flour
 $\frac{1}{4}$ tsp salt



Cream the sugar, honey and butter together. Add lavender, egg yolk and vanilla. Mix everything together until well combined.

Add the flour and salt to above mixture. Stir everything together until it is well combined. The dough will be sticky and a little wet.

Dump the dough onto parchment paper and form it into a log about 1 $\frac{1}{2}$ inches in diameter. Put in freezer for about $\frac{1}{2}$ hour.

Preheat oven to 350 degrees.

Slice frozen dough into $\frac{1}{4}$ inch thick slices and bake at 350 degrees for 7 to 8 minutes. You'll know they are done when the edges start turning a little brown.

Health benefits of herbs used in Herbal Tea Time

Linden flower tea is a relaxing tea especially good for anxiety with increased heart rate.

Spearmint/catnip tea is a good morning tea to perk you up and aid in digestion.

Hibiscus/horsetail tea is a nice cooling summer tea that also provides electrolytes - a good alternative electrolyte drink.

Valerian/hops is a good nighttime tea when you need a good night's sleep.

Wild sarsaparilla tea is a nice restorative tonic. It is a relative of ginseng.

Wild cherry/white pine tea mixed with an equal amount of honey makes a good cough and cold syrup. It can be stored in the fridge for up to 6 months.

Slippery elm/licorice tea is an excellent soothing tea for hiatal hernia, ulcers and acid stomach. It is also useful for dry throat and lungs.

Dandelion root is a digestive bitter, also good for the liver. The leaves are a mild diuretic, also high in minerals.

Juniper is a good herb for the urinary tract.