



SUN TEA RECIPES

COOLING/NOURISHING

1 part oatstraw
1 part spearmint

LEMONY/REFRESHING

1 part lemon balm
1 part lemongrass
1 part lemon verbena
1 part peppermint

FLORAL

1 part rose
1 part linden
1 part peppermint
1/8 hibiscus

SUMMER GARDEN

1 part lemon balm
1 part spearmint
1 part lavender
1/2 part rose

SLEEPY TIME

1 part spearmint
1 part catnip
1 part lavender
1/2 part marshmallow root

1/2 GALLON JAR MAKES
ABOUT 7 CUPS

QUART JAR MAKES ABOUT
3.5 CUPS

FRESH HERBS USE 1-2 CUPS
PER QUART

DRIED HERBS USE 1/2- 1
CUP PER QUART

LEAVE YOUR JAR IN THE
SUN FOR 3-5 HOURS

*Add any of your favorite
herbal honeys for a bit of
sweetness or make an herbal
arnold palmer by adding
lemonade to your finished
sun tea!*

