

Warm flower tea



I made this tea last year to give as Christmas presents to all of my female friends and loved ones. It seemed the perfect thing since the taste is very floral and the color is a gorgeous crimson.

Hibiscus tea, also known as, "Sour Tea" in Iran, is a delicious and refreshing cold beverage in the summer, but also makes a beautiful warm tea for winter. Combining hibiscus with chamomile, lavender, and rose hips, adds even more flavor and many more health benefits.

Chamomile and lavender are specifically known for their calming properties, and many people use these flower teas before bed to ensure a good night's rest.

Rose hips are a popular ingredient in natural vitamin C tablets, because they are so high in the vitamin. Rose hip syrup used to be a common cold and flu preventative used by mamas and grandmothers alike in England. Rose hips are also used by many, to treat problems with UTIs and kidney problems.

Hibiscus has been studied extensively and has been shown to lower blood pressure and reduce high cholesterol. Interestingly, it's also used, in combination with lemon balm and St. John's Wort, as a sleep aid for those who have trouble falling asleep.

Incidentally, every ingredient in this tea is wonderful for your skin, too. Next time I brew some, I'm going to save a little to put on my face.

Recipe:

- 1 C dried hibiscus petals
- 1 C dried chamomile flowers
- 2 T dried lavender blossoms
- 2 T coarsely powdered rose hips

All of these herbs can be found at a local herb shop or in a health food store that carries herbs. They can also easily be found online. mountainroseherbs.com is an excellent site for sourcing bulk herbs. Better yet, harvest them

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yourself. Rose hips are abundant in the seemingly barren winter.

Note: It's easy to coarsely powder rose hips in a high speed blender. All parts of the rose hip may be consumed.

Combine all flowers in a bowl. Mix well. Use 1-2 teaspoons per cup of boiling water. Let steep for ten minutes, strain, sweeten if desired and serve when cooled to your liking.

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