

Instructions for Making Tea

Tea	Water	Herb	Time
Leaves and Blossoms	1 Cup	1 Tablespoon	Steep* for 30 Minutes
Powder	1 Cup	1 Teaspoon	Steep* for 15 Minutes
Barks, Roots, and Seeds	1 Cup	1 Tablespoon	Bring to a Boil then Simmer Gently for 20 Minutes
Pau D' Arco	1 Cup	1 Tablespoon	Bring to a boil then Simmer for 10 Minutes then Steep for 20 Minutes

*Steep = Bring to a boil, remove from heat, add herb, cover, and let sit for the suggested period of time.