



## HOW TO MAKE YOUR OWN HERBAL TEAS

**Step 1 :** Choose the type of herbal tea you would like to make.

**Step 2 :** Lay the fresh herbs on a wire or mesh rack being careful not overlap them too much. Mix larger leaves and flowers with smaller ones as they will take longer to dry.

**Step 3 :** Pre-heat the oven to approximately 100 degrees and place the rack in the oven. Do not overheat the oven as high heat will destroy the herbs and their therapeutic oils. Try air drying the herbs on a rack placed in a dry, well-ventilated area either indoors or outdoors. Keep the herbs covered lightly with mosquito netting or mesh to keep away insects and dust.

**Step 4 :** Place dried herbs in a large paper bag or container. Allow some air circulation among the dried herbs so the drying process is complete. Store the herbal teas away from moisture, dampness and direct sunlight.



Source : "Livestrong.com"

