



## Herbal Teas

### WORKSHOP TITLE

### MATERIALS

- loose leaf tea: spearmint, chamomile, lemon balm, or your tea of choice
- cooking twine
- scissors
- 1 teacup or mug
- 1 teaspoon
- 1 coffee filter; alternatives: heat seal bag, tea ball strainer, muslin, or cheesecloth

### PROCEDURES

1. Take your coffee filter (or alternative strainer) and place it on the table in front of you.
2. Put 1 teaspoon of your favorite tea into the center of the coffee filter.
3. With your tea in the center, bring in all sides of the coffee filter together and twist the top twice.
4. Use scissors to cut enough cooking twine to tie a knot around the coffee filter.
5. Tie the twine around to hold the tea, in place.
6. Place the tea bag into the teacup.
7. Ask an adult to boil a cup of water. Once the water is heated, ask an adult to pour it into your teacup.
8. Let the tea steep for 2 minutes. When the tea is done steeping, remove the tea bag and wait 5-6 minutes before drinking.
9. Smell your tea, sip carefully, and enjoy!

