

# *The Book of Herbal Teas*

A Guide to Gathering,  
Brewing, and Drinking



SARA PERRY

Photography by Christopher Irion

# Book Of Herbal Teas A Guide To Gathering Brewing And Drinking

**Glenna A. McLean**



## **Book Of Herbal Teas A Guide To Gathering Brewing And Drinking:**

*The Book of Herbal Teas* Sara Perry, 1997 Prized since ancient times for their medicinal properties herbal teas mellow flavorful and aromatic are enjoying a modern renaissance This book profiles 40 popular herbs and spices used in making teas and includes complete instructions for growing gathering blending and brewing them at home 25 color photos *Top 100 Exotic Food Plants* Ernest Small, 2011-08-23 Many edible plants considered exotic in the Western world are actually quite mainstream in other cultures While some of these plants are only encountered in ethnic food markets or during travels to foreign lands many are now finding their way onto supermarket shelves *Top 100 Exotic Food Plants* provides comprehensive coverage of tropical and semi *Blackthorn's Botanical Brews* Amy Blackthorn, 2020-10-05 An absolutely exceptional magical resource that you'll enjoy reading cover to cover From teas and kombucha to liquors and liqueurs and even a few delectable bites author Amy Blackthorn's zesty exciting writing and impressive knowledge will inspire your kitchen witchery Julia Halina Hadas author of *WitchCraft Cocktails 70 Seasonal Drinks Infused with Magic and Ritual* Blackthorn's Botanical Brews has something for everyone This book outlines the magical uses for many well loved traditional beverage ingredients found throughout time Readers learn what potions are what purpose they serve and how to create their own brews bitters vermouth and kombucha as well as how to blend the perfect tea for their magical desires Included Getting to Know Your Spirits Adding Magic to Your Daily Activities In the Kitchen In the Bar Fruit Feeling Frisky Making Sodas and Syrups Herbal Beers Mead and Cider What to Do with Leftover Potions *Blackthorn's Botanical Magic* Amy Blackthorn, 2018-09-01 Brilliantly written and jam packed with practical advice and easy to follow recipes Blackthorn's Botanical Magic is the one book that no magical practitioner can do without Dorothy Morrison author *Utterly Wicked Hexes Curses and Other Unsavory Notions* Enter the magical world of scent and aromas Blackthorn's Botanical Magic is a fresh groundbreaking guide to the transformative powers of essential oils for use in spellcraft divination and the cultivation of ritual power Amy Blackthorn the force behind Blackthorn's Botanicals guides readers on a journey into the hidden realms of plants and their magic powers from rose scented rosaries to the lingering aroma of frankincense and the cleansing energy of white sage This book is suitable for beginners but also has lots of new information for the experienced practitioner Within these pages you will discover The rich history and lore of scent related magic and its use in prayer meditation and shamanic journeying Over 135 recipes and craft projects for a wide variety of purposes goals and desires Clear instructions for creating your own botanical magic starter kit How to create your own personal botanical oracles as well as how magical aromatherapy can enhance divination from tarot and pendulums to tea leaves and runes Practical information regarding the purchasing blending storing and safe use of essential oils **Forthcoming Books** Rose Army, 1996-10 *American Book Publishing Record* ,1997 *The Cumulative Book Index* ,1997 A world list of books in the English language *The Publishers Weekly* ,1996 **Whitaker's Books in Print** ,1998 *Persian (Farsi) language guide for travelers* YouGuide Ltd, **Everyday Herbal**

**Teamaking** Glenna A. McLean, 2023-04-25 This unfussy spirited guide to 35 readily accessible herbs offers botanical names medical reputations from various modern and historical sources good humoredly honest tasting notes and illustrations to help identify what you've just foraged grown or bought at the herb shop or health food store With teacher and tea aficionado Glenna McLean as your guide travel back in time by enjoying a blend of herbs that King Tut savored a tea that was thought to ward off the Plague in the 14th Century and the herbs imbibed by druids at Stonehenge and Puritan church services Quaff brews purported to bring you courage quench or ignite lust ward off scurvy and soothe stress and pain Includes warnings and contraindications so you can pursue your herbal tea habit safely and happily for years to come

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**Wild Tea** Nick Moyle, Richard Hood, 2020-07-23 Discover the incredible uses of 40 home grown and foraged ingredients for making a variety of original brew it yourself recipes You will learn how to grow find harvest dry and store ingredients including berries roots seeds leaves and flowers plus the profile of each history health benefits parts of the plant to use and how to brew singly The 30 recipes are for complex blends and specialty drinks such as detox teas class night time brews Moroccan mint Korean barley tea bubble tea and even dandelion coffee Step by step detailed instructions are given for each recipe There is also a best of the rest section with more unique ingredients that can be added to your brews such as ginger cinnamon pomegranate and orange Enjoy the satisfaction and health benefits of brewing your own natural teas

*Healing Herbal Teas* Sarah Farr, 2016-12-27 Discover how easy and fun it can be to create flavorful customized teas for enjoyment and health year round using these recipes featuring insights into the medicinal qualities of each herb Freshly blended herbal teas offer more healing power than do pre packaged tea bags In *Healing Herbal Teas* master herbalist and author Sarah Farr serves up 101 original recipes that not only offer health advantages but also taste great Formulations to benefit each body system and promote well being include Daily Adrenal Support Inflammation Reduction and Digestive Tonic Additional recipes that address seasonal needs such as allergy relief or immune support will attune you to the cycles of nature while instruction on the art of tea blending will teach you how to develop your own signature mixtures to give your body exactly what it needs This book is an enchanting and delectable guide to blending and brewing power packed herbal teas at home

*Tea* Jane Campsie, 2001 The quintessential guide to tea featuring all you need to know about tea from the ritual of making the perfect brew to the history

of tea and the healing benefits associated with herbal teas Tea is a most popular drink but many people fail to prepare it correctly This book offers both inspirational and practical expert tea tips and also enables you to travel through time and space with tasty exotic brews It will revolutionize the way you drink your cuppa      **The Modern Herbal Tea Bible** Jenny Goldmann,2025-02-28 Master the Craft of Herbal Tea with Jenny Goldmann Master Herbalist In today s fast paced world the timeless tradition of herbal tea offers a simple yet powerful way to enhance your well being The Modern Herbal Tea Bible bridges the gap between ancient herbal wisdom and modern lifestyles making it easy for anyone to craft delicious health boosting teas that fit seamlessly into daily routines Whether you re seeking relaxation energy or natural remedies this comprehensive illustrated guide will equip you with everything you need to sip your way to better health What You ll Learn Inside Extensive Herb Directory Explore over 150 herbs from A Z detailed with their health benefits and traditional uses perfect for crafting your own herbal tea recipes Over 100 Herbal Tea Recipes From morning refreshers to calming nighttime blends find recipes that cater to every need and taste Health Enhancing Benefits Learn how each sip can contribute to your wellness with natural solutions for stress relief energy boosts and improved sleep Create Your Own Blends Gain the confidence to blend your own teas with step by step guidance creating personalized concoctions according to your personal preferences Simple Clear Instructions Whether you re a beginner or an avid tea drinker this step by step guide makes herbal tea brewing accessible to everyone By the end of this book you ll not only possess an in depth understanding of the health benefits of each ingredient but also master the craft of making exquisite herbal teas that nourish both body and mind Are you ready to embrace a healthier lifestyle through the simple joy of herbal tea Let your journey begin with The Modern Herbal Tea Bible      **HERBAL TEA FOR BEGINNERS** Lucy Abbott,2023-07-20      **Herbal Teas and Recipe Book** Linda Jackson,2011-03 This book is very special to me as I m into herbs They are my babies so to speak I decided to write this book as I had my own collection of herbel tea recipes I noticed that in all of my herb books that I have of which is many They had only a few tea recipes available So I thought it would be great idea to write a book just for teas So that s how it all began I grow my own herbs and make up teas and of course enjoy drinking them to and I hope you do to Cheers linda      **How To Make Herbal Teas** Michelle Gill,2024-05-16 Do you wish to add variety to your herbal teas options so you can look forward to every time you get to make these teas to enjoy their wide array of benefits And are you looking for a guide that shows you how to make herbal teas to maximize their healing power If you ve answered YES you re in for a special treat

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