

Creating Your Own Tea Blends

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Two main steps to consider as you design your tea blend:

- Decide the purpose of your tea. This will determine your base ingredients.
- Add other herbs and ingredients to round out those flavors for optimum taste.

Decide the purpose of your tea – when do you want to drink this tea, and what do you hope it accomplishes? The beauty of creating your own tea blends is that you can get as specific as you like with your intentions. It's so wonderful to open my tea cupboard and know there's a unique tea blend waiting for me for the exact circumstances of my life, made to my own needs and preferences.

Some examples:

I'd like a cool refreshing tea to drink on hot summer days.

My mind immediately turns to lemon balm here, as well as elderflowers and red raspberry leaf.

I'd like a tea to help me unwind at the end of the day as I transition towards bed and sleep.

We're all familiar with chamomile, but let's also remember catnip and passionflower!

I'd like a tea to help calm an upset stomach if a meal hasn't sat well with me.

Peppermint and chamomile can be a powerful combo, and we can also turn to culinary herbs such as ginger and fennel.

I'd like a tea that will nourish me as I navigate a stressful week.

Here is where nutritive herbs such as nettles and oat straw can shine, as well as the adaptogen tulsi (also known as holy basil).

Balance your flavors – now that you have a few ingredients for your tea, think about what those would taste like on their own. If they're great as is, you can stop blending if you like. Or, you can add some other herbs and ingredients for additional flavor and enjoyment.

A few suggestions:

Hibiscus – slightly sour, this flower will also give your tea a lovely red hue.

Rose petals – a delicate floral that pairs especially well with herbs such as lemon balm and oat straw.

Lavender buds – a little goes a long way in imparting flavor to your tea! Great for relaxing formulas.

Ginger root and/or cinnamon chips – add a little zing to your blend! I love to use these together.

Rosemary – a great addition to warming blends. A great gentle flavor.

Citrus – dried peels – a wonderful way to round out the overall flavor of your tea.

As you experiment, brew up just a cup or two at a time so that you can tweak your recipe. Then once you're certain you have something you like, make a larger batch and store it in an airtight container so that it's ready to go whenever you want it!

A note on herbal teas and safety: herbs interact with our bodies in a variety of ways! Make sure you research new herbs well before incorporating them into your life. It's always a good idea to check in with your doctor about herbs that you want to work with, especially if you are pregnant, nursing, and/or taking any medications.