

Fresh from the garden mint tea

Preparation

Using fresh herbs from your garden to make herbal teas or infusions can be a wonderful and relaxing way to enjoy the 'fruits of your labor' with a refreshing beverage that has health benefits too! Peppermint is one herb that can easily be used to make a stimulating and enjoyable summer beverage.

Collect the peppermint leaves from your garden

Bruise, or rub them together so that the essential oils are released

You can make a teapot full or just a cup, place leaves in container of choice and add boiling water (2-3 teaspoons of peppermint leaves per cup)

Let it sit for 5 minutes or so, and then enjoy!

You can use these steps for any mint you desire. If you would like to add more sweetness, try adding Stevia. You can also add peppermint leaves to add flavor to other teas such as green or black tea. Some people prefer to add the leaves directly in with the tea bag, while other prefer to use a tea infusion spoon.

Peppermint Actions & Benefits

Peppermint (*Mentha piperita*) has several uses and benefits. Peppermint is most commonly known for how it can relax the digestive system. Peppermint can help relieve intestinal gas and indigestion, and it can help soothe nausea and motion sickness. Peppermint may also help reduce symptoms association with indigestion such as headaches. Deeply breathing in the steam from your peppermint tea may help to clear your sinuses or to ease a headache. An interesting element of peppermint is that it can assist in reducing tension, and it can also act as a stimulant, giving you a boost of energy.

Hoffmann, D. (2003). *Medical herbalism*. Rochester, Vermont: Healing Arts Press.

References

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Making fresh herbal tea [How to grow an herbal tea garden]. (n.d.). Retrieved June 9, 2011, from wikiHow database.