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### **Mint Blend Tea**

- Mints can be dried by hanging upside down in small bunches.
- We use a mix of apple mint spearmint, orange mint and chocolate mint. A mix of different types can actually give you higher menthol content. ( I learned that at Shaker Village in an Herbal Journeyman's course taught by Heidi Hertzberger .)
- Crumble with clean hands and place in tea bags. ( bought on-line, [botanicchoice.com](http://botanicchoice.com).)

### **Lovely Lemon Tea**

- Dry, same as mint, in small bunches.
- Lemon balm and lemon verbena
- Crumble with hands
- Place in Tea bags

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