

Primrose Bliss Tea Blend

BY GINGER WEBB



1 TEASPOON DRIED
ROSEPETALS
(ORGANIC)



2 TEASPOONS DRIED
OATSTRAW (ORGANIC)



3 TEASPOONS DRIED EVENING
PRIMROSE LEAF & FLOWER

A wonderful, soft, aromatic tea blend, formulated to calm the nervous system and help you feel emotionally safe.

NOTES: First, source your herbs! You will have to find or grow your own Evening Primrose (*Oenothera* or *Gaura* species). Harvest above-ground parts in flower, dry them, and garble them into smaller pieces before storing.

You may grow and harvest your own Oatstraw and Roses as well; however, unlike Evening Primrose, these can easily be purchased from a reputable herb supplier.

Store these herbs separately in glass jars out of direct heat and light.

YIELD: This recipe is enough for a small pot of tea. If you enjoy the blend, make a larger quantity and store it in a glass jar labeled “Primrose Bliss” for another day.

HINTS: Measurements are approximate; feel free to be creative with quantities. You may also enjoy steeping this tea blend longer for more depth, flavor, and a stronger therapeutic effect.

My preferred species is Pink Evening Primrose which is local and abundant, but I have used other *Oenothera* and *Gaura* species as well. Try the one that grows where you live! They are essentially interchangeable.



HERBS
with ROSALEE



1. When you are ready to make the blend, simply use a teaspoon and measure out the quantities into a small bowl. Mix them together, and place them in your teapot, or in a pint mason jar.
2. Boil your water, pour over the herbs, cover and let steep for 20-30 minutes.
3. Strain and enjoy to feel calm and nourished.

Ginger Webb

Ginger Webb has been practicing herbalism in and around Austin, Texas, for over 25 years. Trained by Michael Moore at the Southwest School of Botanical Medicine, Ginger carries on Michael's tradition of bioregional, populist herbalism, adding her own perspectives and working most closely with the plants of central Texas. She supplies small batch, lovingly-made herbal medicine to her clients and community through her company Texas Medicinals, and teaches herbalism (including a 200-hour foundational program and a shorter clinical program) as the primary teacher at Sacred Journey School of Herbalism. Ginger currently lives on 6 acres in the Texas Hill Country, and enjoys regular visits from her 21-year-old child, Chia, and Chia's French bulldog, Ham.

You can find more from Ginger at her website gingerwebb.com.

You can also find Ginger on Instagram [@sacredjourneyherbalism](https://www.instagram.com/sacredjourneyherbalism) and [@texasmedicinals](https://www.instagram.com/texasmedicinals) as well as on [Facebook](https://www.facebook.com/gingerwebb).

