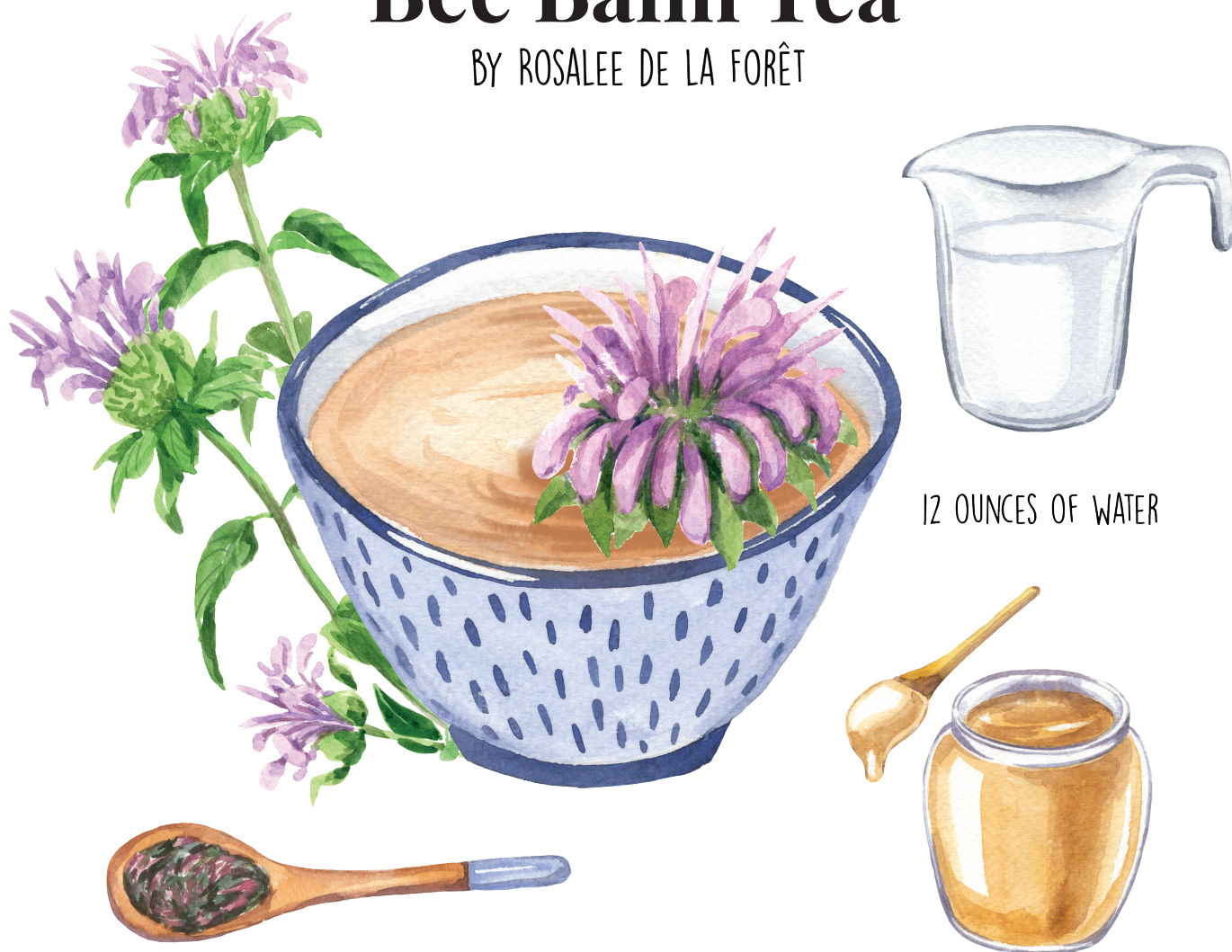


Bee Balm Tea

BY ROSALEE DE LA FORÊT



12 OUNCES OF WATER

1 TABLESPOON OF FINELY
CRUMBLED DRIED BEE BALM
LEAVES AND FLOWERS

SWEETENER OF YOUR CHOICE
(OPTIONAL)

Bee Balm tea is a great way to taste and experience this potent plant, so that you can better understand its many gifts.

NOTES: All species of bee balm can be used in a similar manner. Some bee balm plants are super-hot and spicy. Others tend to be milder. The particular qualities of the bee balm you have will help to determine dosage as well as use.

After making your tea, spend a few moments to reflect on the taste as well as how it makes you feel. Can you feel the diffusive properties of bee balm?

1. Boil the water and then pour over the dried bee balm. Stir well, and then cover for five minutes.
2. After five minutes, strain off the leaves, and enjoy while warm. You can add a sweetener of your choice, but before you do, I recommend that you take a few sips of the pure tea, just to get to know it better.

YIELD: 12 ounces

SHELF LIFE: Drink within 24 hours.



HERBS
with ROSALEE