

Goldenrod Tea for Urinary Support

ROSALEE DE LA FORÊT AND EMILY HAN



1/4 CUP FINELY CRUMBLED
DRIED GOLDENROD LEAVES
AND FLOWERS



2 TEASPOONS FINELY CRUMBLED DRIED
MALLOW LEAVES (OR MARSHMALLOW LEAVES)



1 TABLESPOON FINELY CRUMBLED
DRIED YARROW LEAVES AND FLOWERS

This tea can be taken to address a urinary infection, or taken regularly to prevent them. While this isn't the yummiest tasting tea, it offers antimicrobial and diuretic support – both important actions when you are dealing with an infection. For best results, drink lukewarm.

YIELD: 1 1/2 cups

1. Place the herbs in a pint jar. Fill the jar with 12 ounces just-boiled water. Stir well and then cover with a lid or towel.
2. Infuse for 10 to 15 minutes. Strain off the herbs.
3. Drink within 24 hours.



HERBS
with ROSALEE