

## A New Twist on Teas

by Elizabeth Germain

Iced tea with chamomile,  
licorice, and rosehips.  
You'll never drink plain  
old black brew again

eat well



### COOL DRINKS

*Refreshingly original, this lemonade gets its pink color from lavender.*

*The very definition of summer must include a mention of iced tea. But rather than reaching for a sugary black-tea brew, quench your thirst with a homemade herbal iced tea—preferably one that makes good use of the season's most flavorful herbs. The infused leaves,*

eat well



**CHILL OUT**  
*Mint leaves (left) and chamomile flowers (right) combine with other flavors to create these brews.*

## WHERE TO BUY HERBS

Fresh and dried herbs are often available at farm stands and farmers' markets. You can also purchase dried herbs at some natural-foods stores or online. Check out [Frontier Natural Products Co-op](http://Frontier Natural Products Co-op) ([frontiercoop.com](http://frontiercoop.com)) and [Mountain Rose Herbs](http://Mountain Rose Herbs) ([mountainroseherbs.com](http://mountainroseherbs.com)). For the inspired, try growing your own!

flowers, and stalks of many popular garden plants make delicious alternatives to caffeinated teas, and they're just as easy to prepare.

For our recipes, we used dried herbs and a fast, stove-top brewing method. When using fresh herbs, simply double the volume of leaves and roots. You can also sun-brew, placing the herbs and water in a covered glass jar in full sunlight for two to four hours. But always

remember to brew your teas strong to account for ice cubes, which will dilute the taste. And be sure to use a large enough pot to allow plenty of room for the herbs to circulate and release their flavors.

If you don't drink the tea immediately, pour it into a glass container that can be tightly sealed and put it in the refrigerator. Stored this way, it will keep for up to one week.