



Hyssop tea

Suggested by Nathania



You will need

- 3 cups water
- 6-8 fresh anise hyssop leaves (or ½ teaspoon dry)
- 2 sprigs fresh mint (or ½ teaspoon dry)
- 10-15 fresh chamomile flowers (or 1 teaspoon dry)

Method

Bring water to a boil and let cool 1-2 minutes

While the water is boiling, lightly muddle the mint and hyssop and place them in a tea pot with the chamomile

Pour the hot water over the herbs and replace the cover on the pot. Steep 3-5 minutes.

Enjoy after a hard day's work or before bed

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