

HerbMother's Cupboard



Tea

Stories and Recipes of a novice brewer

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When I first started learning about herbs, tea was my favorite thing to experiment with. Like all my herbal endeavors, my love affair didn't start with "medicine" in the conventional sense. It started with flavor. I spent hours trying to recreate every drink I'd ever known as a tea. From coffee to Dr. Pepper and even milkshake flavors, I tried just about everything. My children inspired me to play with colors in tea brewing and we created a rainbow of delicious drinks. Then I started brewing teas inspired by specific events like new year's, budget time etc. This is the first time in my mixalicious adventure I started to consider specific healing properties of herbs.

My relationship to plant medicine has always started with play. I believe in the intuitive hits that we get from our sensory relationships to food and medicine. The plants are smarter than we think, so I trust what they will provide and let my senses lead first. When I'm first beginning, I give myself permission to play. I remember and understand more about each plant than anything I ever read in a book or a class when I first approach it from a playful space. This mindset is what is at the heart of the work I do with HerbCamp and Herbmother.com.

This ebook is basically my many years of tea journal transcribed. It contains a collection of recipes with a few notes about the events that inspired them. Some of the recipes I haven't made in years, others have become staples in our home. In true herbmama fashion, the "recipes" are more guidelines than strict rules to follow. I've tried to include proportions and interpret my notes to the best of my ability, but don't be too rigid with it. I never am.

While they are here for you to try out, my greatest hope is that they inspire you to open up to your sensory gifts and let your life guide the medicine you craft. Your best remedies are waiting to be born from the unique details of your own experiences.

Love and Besos,
Latisha



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Coffee Tea

2 tsp roasted chicory
2 tsp roasted dandelion
1 tsp fennel seed
1 tsp ginger root
2 tsp carob powder

This tea was born out of an attempt to wean my coffee loving husband from caffeine. It tastes delicious and inspired the Mocha Tea below. We discovered after our daughter was born, however, that caffeine in moderation keeps our family sane so we enjoy this tea now and then for flavor.

Mocha Tea

roasted chicory
carob
licorice
allspice
cinnamon
nutmeg
vanilla



We were looking for a mocha version of the coffee tea above.

Christmas Morning Tea

4 tsp spearmint
3 tsp blackberry leaf
3 tsp safflower

This one was born for Christmas 2009. My first daughter was 10 months old and I wanted something colorful and light to go with breakfast. It is a beautiful greenish color with orange tint. The taste is a sweet light minty flavor with a hint of berry.

Budget Time Tea

4 tsp lemon balm
4 tsp spearmint
2 tsp chamomile
2 tsp roe hips

This recipe was crafted for our year end financial review. My husband and I get together to look at the past year and plan ahead for the coming year in terms of financial goals and desires. It can be a bit stressful, so these herbs help everyone stay calm. We enjoyed this tea brewed in a french press and it is quite delicious.

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Working Man Tea

2 tsp yerba mate
1 tsp spearmint
1/2 tsp lemongrass

This was a light tea I made for my husband to take to work when we were attempting the caffeine replacement/wean. Yerba mate is lightly caffeinated and I had read that a slow drip of it all day could help during the process. It was a very light tea, I'd make it stronger with a bit more plant material now. But it is delicious.

New Year's Moonlight Tea

2 tsp nettle
1 tsp chamomile
1 tsp lemongrass
1 tsp oat tops
1 tsp peppermint
1 tsp rosehips
1/4 tsp jasmine flower
2 orange slices
1/8 tsp lavender



This was brewed in a french press with dried herbs. It's another one we used during our year end budget review. It usually takes us a few days to finish up. My husband chose this tea in honor of the blue moon in december of 2009. It has a light minty flavor and I'd add a bit more jasmine. It's a lovely calming tasty blend.

Chillax Tea

1 part chamomile
1 part nettle
1 part lemon grass
1 part oat tops
1 part spearmint

This tea was co-crafted with my husband to help relieve some muscle ache and fatigue after a 50 mile bike ride with lots of hills.

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Bright Winter Afternoon Tea

4 parts rosehips
4 parts lemonbalm
2 parts hibiscus
4 parts lemongrass
2 parts spearmint
1 part citric acid

This tea was brewed in a french press and served over a cup of ice. It was crafted while we were living in the desert and still enjoyed cold teas in winter time.

Pretty Tea

2 fresh ginger
2 lemon balm
2 rosehips
1 rose petals
1 slice orange
3/4 jasmine flowers

This was a love tea that my husband crafted after scanning through a few herb books.



Moon Brew

2-1/2 tsp red raspberry leaf
2 tsp nettle
1 tsp lavender
1 tsp spearmint
1 tsp rose petals
1/2 tsp oat tops

I enjoy this tea in a tiny white Japanese tea pot that was my grandmother's. It's a lovely blend for the womb, but can be enjoyed by anyone. Well balanced and quite delicious.

Hard Mama Days

3 parts rose petals
3 chamomile
pinch lavender
1 sarsaparilla

I gifted myself and my 1 year old first born this sweet relaxing tea in the Japanese tea set after a hard day. My notes under this blend read: "I'm having a rough day with Sevi. I don't know if I am unable to give her what she needs or if this is just all part of the normal process of the soul. She feels challenging and insistent. I am struggling. I stopped to make this tea with her in an attempt to help me slow down and relax."

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Tummy Tea

2 fresh ginger
3 peppermint
1 spearmint
2 raspberry leaf
2 bruised anise seeds

We made this tea as a relief for the tummy after holiday indulgence.

ImmuniTea

4 cloves garlic
2 tsp fresh ginger
pinch stevia
juice of 1/2 grapefruit with 1 slice of the peel

We weren't sick when we discovered this combo, but it was super tasty and we had a plethora of grapefruits from all the folks we knew that had citrus trees at the time. It's a wonderful immunity booster.

All This in A Cup of Tea

5 peppermint
5 rose hips
2 fresh ginger
1 rosemary
2 star anise
1 slice orange



This was another one of my husbands experiments. We decided it was a bit too much peppermint, but otherwise was a fun combo.

Calming Chamomile Delight

3 chamomile
1 oatstraw
1 rose petals
1 blackberry leaves
1 alfalfa
1 spearmint
5 jasmine
pinch stevia

I don't have any notes under this tea, but I can imagine it was inspired by the huge crop of chamomile and oats we grew in our garden that year. It was our first time growing these plants and we had so much, we put them in everything.

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Rosy Sunset

2 chamomile
2 oat tops
1 heaping peppermint
1 rose petals
1 nettle
1 dandelion
1 lemon verbena

This one again, is without notes. But it was no doubt inspired by the late winter sunsets of the desert southwest, again using our abundance of chamomile and oats.

Citrus Morning

6 oolong
3 lemon verbena
2 lemongrass
2 spearmint
2 pinches stevia
1 rose hips

This is the tea I drink almost every morning without fail. Occasionally, I will change it based on what ingredients I may or may not have. It's a lovely wake up tea that's just caffeinated enough to keep me moving with my two littles.



Dr. Pepper Tea - take 1

1 stevia
1 elderflower
1 cassia cinnamon
1 elderberry
3 sarsaparilla
1/2 capful almond extract

Oh goodness this one! This Dr. Pepper experiment would go on for a few years. It was inspired by a dear friend who loved Dr. Pepper and we both wondered if a tea could be crafted to curb her cravings a little. Alas, I never got it quite right, but it sure was fun to try. This first attempt needed more spiciness, we were at a loss to figure out the many spices included in that flavor.

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Mama's Multi-vitamin

1 Nettle
1 red raspberry leaf
1 alfalfa

A good nourishing blend full of minerals and salts for nursing mothers. I'm sure this one was made after reading Susun Weed in between changing diapers and wiping up spit-up.

Beer Milk Tea

6 hops
1 fenugreek
2 oats
1 crushed coriander seed
1/2 orange peel
1/2 chicory

This tea doesn't come with a lot of notes except "Um....yech!" I have some vague memories of wanting to craft a beer-tasting tea that would be beneficial as well while I was nursing and missing drinking some beers on the warm patio.

Licorice Mint

1 TB peppermint
1/2 tb ginger
1/2 tb licorice
1/2 tb stevia
1/2 tb cinnamon
2 tsp cloves
1 tsp cardamom

One of my favorite teabag teas is the licorice mint by Yogi teas. This version was the closest I could get to theirs. It's actually pretty good, though could use a bit more peppermint. And certainly cheaper than buying the teas in a box.



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The next few teas were blends that I custom crafted for a dear friend. They were inspired by her wonderful light and fire to boost her self-love and energy as she was growing a new creative endeavor.

Georgia's Love

- 1 chamomile
- 2 lemon verbena
- 2 oatstraw
- 1 passionflower leaf
- 1 skullcap
- 1/2 spearmint
- 2 lemon balm
- pinch cinnamon

Letting Go

- 1 skullcap
- 1 passionflower
- 1 chamomile

CreativiTea

- 2 peppermint
- 2 rosehips
- 1 ginger
- 1 lemon verbena
- 1/4 rosemary
- 1/4 orange peel
- 1/8 fennel

Fire Within

- 1 sarsaparilla
- 1 yellow dock
- 1/4 ginger
- 1/8 cinnamon
- 1/8 licorice
- 1/8 orange peel
- pinch rose hips



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Yummy -C Tea

2 peppermint
1 rosehips powder
1 anise powder
2 lemon verbena
1 whole orange

Made for my girls in the summer, this one packs a punch of vitamin C, is super gorgeous and really delicious. One everybody loves.

Kill Anything Tea

1.5 ginger
.5 lavender
pinch cayenne
lemon juice
honey

Another good immunity booster, this one can be made in a pinch with few ingredients. Spicy and sweet, it feels great when you've got the cold chills.

Peppermint Chai

2-3 tsp peppermint
1 cloves
3/4 stevia
1 ginger
2 cinnamon
2 licorice
2 pinches ground cardamom
tiny pinch black pepper



Ah yes. This was the season of the chai. I tried many original blends, never really settling on one I liked any better than just the original old fashioned recipe. But this was a nice new take on the tea.

Lavender Lemonade Tea

1.5 ginger
3/4 lavender
raw honey
lemon juice

We teach our kids at home, and sometimes the creativity of learning and herbcrafting combine. This tea was crafted while we were learning all about the letter "L." This was delicious, though I will tell you that a licorice lemonade was not so good....

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Cinnamon Cooler

2 cinnamon
3 spearmint
3/4 stevia
1/2 licorice
2 roasted chicory
3 ground orange peel

This surprisingly delicious tea was born in the fall in the desert. We were craving the flavors of autumn, but couldn't bear to drink warm teas. I love cinnamon gum, so thought I could probably combine the flavors into something good. It is quite nice!

The following teas were crafted to accompany our Aztec Bark that we make for the winter Solstice every year. A dark chocolate with chilies and spices, we wanted to offer our friends and family a few complimentary brews to enjoy as well.

Aztec Tea #1 (my favorite)

1 tsp orange peel
1 chicory
2 cinnamon
1/2 stevia
1/2 licorice
1/2 lavender

Aztec Tea #2 (mild blend)

1/2 stevia
1 chamomile
1 chicory
1 spearmint

Aztec Tea #3 (Drew's favorite)

2 cinnamon
1 orange peel
1/2 ground coriander
1/2 stevia
1/4 vanilla bean powder



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In the Arms of Venus

2 oat tops
1 thyme
1 lemon balm
2 lemon verbena
1/2 citric acid
3/4 stevia
1 calendula
pinch rose

Crafted for a gathering of sisters during a ritual honoring Venus.



Satchel's Springtime Sipper

1 lemon balm
1 catnip
1/4 cinnamon
1/4 hibiscus
1 oat tops
1/4 stevia

A bright fun pink color, this tea was made for a friend's son to enjoy in the summer. A great blend of calming and nourishing herbs, it's one children really enjoy.

Sweet rose #1

1 sarsaparilla
1 rose
1 oatstraw

Sweet rose #2

4 peppermint
2 rose
1 bag dried strawberries

My dad is a beer brewer and had just finished a beer called Sierra Rose, named for my stepmother. Still nursing, I decided to experiment with a few rosy brews I could enjoy as well.

Sweet Abby

1 sarsaparilla
1 rosehips
1 orange peel
1 lemon balm
1 oat tops
pinch stevia

I made this for a good friend with a true pure heart, who always reminds me how to love and be loved in the best and most honest kinds of ways.

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Calming Cooling Hot Summer Tea

2 chamomile
2 catnip
2 spearmint
1 valerian
1 stevia

We loved this tea in the desert in summer when cabin fever can start to kick in there. Full of calming herbs that help us keep our cool, this was a recipe I submitted to a contest at Mountain Rose Herbs and actually won! It was my first recognition in the blogging world and helped to keep me going on my path.

And to finish us off:

Heartical Tea for Love Radicals



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Thank you so much for checking out this eBook. There are so many more recipes and blends that can be created with tea. You can learn more about the many ways of tea with my self-guided eCourse [HerbCamp Basics](#). It covers medicine making, crafting, and spirit work using tea, oil, and flower essences. I hope this inspires you to get out there and let your senses guide you to even more wonderful brews. I'd love to hear about your adventures at our [facebook community](#).

About the Author

Latisha Guthrie is the founder of [HerbMother.com](#), a space for cultivating an herb'n lifestyle by rechilding your inner healer through sensory play. Her [HerbCamp eCourses](#) have empowered hundreds of women to reclaim their healing heritage by nurturing intuition, encouraging bold choices and simplifying the medicine making process. A little bit fairy, a little bit witch, Latisha's work is inspired by the rhythms of the season, her children and her senses. She believes that play is the most potent ingredient in your potion and that you are your own healer. Visit her on the [web](#), [facebook](#) and [instagram](#). Join the conversation about how we can nurture our spirits by reconnecting with nature everyday.



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