



Desert Sage Herbs



Making Herbal Infusions

By Brittney Sounart, Clinical Herbalist

Making herbal infusions is a more concentrated herbal beverage than a tea made from a tea bag. The main two differences of an herbal infusion is it will use more plant material than a tea bag and it must be steep in the water for a much longer time to receive more of its valuable healing properties.

Ratio of Herbs to Water: Use about 1-2 heaping Tablespoons per cup of water, if making a larger batch use about 1/3-1/2 cup of herbs to 6 cups of water.

How Long to Let it Steep: Most herbal infusions are recommended to steep at least 30-40 minutes but may be left to steep an hour.

Water: The preferred way is to use either distilled or filtered water. This water is best heated over the stove to keep the integrity of the water intact.

Vessels Suggested:

Coffee Press: My favorite Infusion Vessel! This is a glass vessel that has a lid on it with a strainer that is easily pressed down once the tea needs to be strained. Any size can be used and more concentrated teas can be made and diluted to acquired taste and strength.

Mason Jars: There are two ways to use mason jars. The first will require a large muslin re-usable tea bag. Place the herbs in the tea bag and add tea bag and hot water to jar to steep. The second method will include the use of two mason jars. First place the herbs free flowing in one of the jars and add hot water. Let steep. Then use a strainer to strain herbs from tea into second mason jar. This also is an excellent vessel to store extra tea in the fridge for the next day.

***Using glass, stainless steel or ceramic are the safest material to use with hot water to reduce any exposures to chemicals.

Dosage: The usual dosage unless specified is to drink two cups of an herbal infusion twice a day at least 5 times a week. There are many times where an herbal infusion may be suggested to drink daily at a higher dosage depending on the health concern.

Storage: It is best to drink the herbal infusion within two-three days of making it, and store extra in the fridge. Freezing the tea will keep tea fresh. A concentrated tea may be made and made into ice cubes for ease of use and planning.

Drinking Tea: Teas may be enjoyed throughout the day. It is usually best to drink it at room temperature. Drinking a tea hot or cold will also be effective.

Flavor: Try to drink teas without sweetening them but if needed using small amounts of natural sweeteners like stevia, honey, maple syrup or licorice root would be best.