



# FESTIVE HERBAL TEA

CAMPLE—LINE

A FESTIVE HERBAL TEA BLEND BY SARAH JANE SCOUTEN



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## INGREDIENTS

- SCOTS PINE NEEDLES
- HAWTHORN BERRIES
- ROSEHIPS

## YOU WILL NEED

- PAN WITH LID / TEAPOT
- SIEVE / STRAINER

PLEASE TAKE GREAT CARE WHEN  
PICKING WILD HERBS AND BERRIES  
- IF IN DOUBT DO NOT CONSUME

THE USE OF SCOTS PINE IN ANY  
FORM IS NOT RECOMMENDED FOR  
PREGNANT OR NURSING WOMEN

ANY CHILDREN PARTICIPATING IN  
GATHERING OR PREPARING THIS TEA  
MUST BE SUPERVISED BY AN ADULT

PLEASE REMEMBER TO WASH YOUR  
HANDS BEFORE YOU BEGIN

## BEFORE YOU BEGIN

PLEASE TAKE GREAT CARE WHEN PICKING WILD HERBS TO ENSURE YOU CORRECTLY IDENTIFY YOUR INGREDIENTS. SCOTS PINE CAN BE CONFUSED WITH YEW, WHICH IS NOT SAFE TO CONSUME. CHECK WOODLAND TRUST I.D. WEB PAGES OR CONSULT A FORAGING GUIDEBOOK OR HERBALIST. IF IN DOUBT, PLEASE DO NOT CONSUME.

## STEP ONE

RINSE ALL INGREDIENTS THOROUGHLY, THEN REMOVE PINE NEEDLES AND BERRIES FROM THEIR STEMS. DISCARD STEMS.

## STEP TWO

PLACE EQUAL PARTS SCOTS PINE NEEDLES, HAWTHORN BERRIES AND ROSEHIPS IN A PAN (ABOUT A HANDFUL OF EACH) AND COVER WITH WATER. SIMMER GENTLY FOR AROUND 30 MINUTES, TOPPING UP THE WATER IF NECESSARY. KEEP THE PAN LID ON TO ENSURE ESSENTIAL OILS FROM THE PINE NEEDLES ARE NOT LOST.

## STEP THREE

REMOVE FROM THE HEAT. STRAIN TEA THROUGH A SIEVE TO SERVE. ADJUST STRENGTH BY TOPPING UP WITH MORE FRESHLY BOILED WATER IF DESIRED.

## ALTERNATIVELY...

STEEP YOUR INGREDIENTS IN A TEAPOT FOR ABOUT 15 TO 20 MINUTES, THEN STRAIN TO SERVE. THIS WILL CREATE A MORE DELICATE FLAVOUR.