



SPRING HERBAL TEA

CAMPLE—LINE

A SPRING HERBAL TEA BLEND BY SARAH JANE SCOUTEN

SPRING HERBAL TEA BLEND

INGREDIENTS

- FRESH NETTLES
- GINGER
- UNSWEETENED APRICOTS

YOU WILL NEED

- PAN WITH LID / TEAPOT
- SIEVE / STRAINER

**PLEASE TAKE GREAT CARE
WHEN PICKING WILD
INGREDIENTS - IF IN DOUBT
DO NOT CONSUME**

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

PLEASE REMEMBER TO WASH
YOUR HANDS BEFORE YOU
BEGIN

THIS TEA IS FULL OF IRON AND OTHER NUTRIENTS OUR TRADITIONAL DIET WOULD BE MISSING IN THESE LATE WINTER MONTHS. APRICOTS ARE ALSO FULL OF IRON AND VITAMIN C WHICH IS ESSENTIAL FOR THE ABSORPTION OF IRON. GINGER IS HEATING, AIDS DIGESTION AND WARMS UP THE FINGERS SO THEY CAN GET READY TO START WORKING THE SOIL AND HARVESTING SPRING TIME HERBS AS THEY COME UP.

STEP ONE

PICK A BAG OF FRESH NETTLES FROM THE FOREST OR A QUIET COUNTRY LANE. USE GLOVES AND SNIPPERS. WASH GENTLY AND PLACE IN A POT OF SIMMERING WATER. USE ENOUGH WATER TO IMMERSE THE HERBS.

STEP TWO

ADD GRATED RAW GINGER, ABOUT 2 THUMBS WORTH.

STEP THREE

STIR IN A CUP OF CHOPPED, UNSWEETENED APRICOTS.

STEP FOUR

SIMMER FOR 20 MINUTES. POUR IN YOUR FAVOURITE MUG THROUGH A STRAINER.

AS ALWAYS WHEN FORAGING, BE 100% SURE YOU KNOW WHAT YOU'RE PICKING. GET A GOOD PLANT ID BOOK LIKE THE COLLINS COMPLETE GUIDES. DON'T RELY SOLELY ON PLANT ID APPS AS THEY CAN BE UNRELIABLE. WHEN PURCHASING HERBS, LOOK FOR ORGANIC AND SUSTAINABLY SOURCED HERBS, AND LOCALLY GROWN WHEREVER POSSIBLE. IT'S HARD TO MISIDENTIFY NETTLES. IF THEY DON'T STING YOU, THEY'RE NOT NETTLES!