

FRESH FROM THE GARDEN TASTINGS

Pollinator Flower Tea



Ingredients

½ cup dried or 1 cup fresh edible flower petals
(lavender, calendula, rose, hibiscus, etc.)
⅛ cup dried ginger pieces
(or 1 Tablespoons fresh ginger, minced)
⅛ cup dried, cut lemon peel

Serves many (makes 1 gallon of tea)

Instructions

Bring 1 gallon of water to a boil. Take off the stove, and add flower petals, ginger and lemon peel to the pot. Let steep for 10–12 minutes, then strain. Serve hot or cold.