



# LIVING AND LOVIN HERBS PODCAST

**Lavender Tea**  
**1 serving**  
**Adapted by**  
**Brenda J. Sullivan, Herbalist**

1 cup just under boiling water (*Note: over boiling water causes water to lose oxygen, and makes tea taste flat*)

1 - 2 teaspoon(s) dried culinary lavender buds (less if it's too strong)

1 slice of lemon (optional)

Place lavender buds in bottom of a heatproof container. A cup or glass-canning jar with lid will work fine. Pour hot water over buds. Cover and let steep for 10 minutes.

Strain buds add lemon slice and enjoy! This can be made hot or cold.

*Note: David Hoffmann original recipe recommends drinking this tea 3 x a day.*

## REFERENCES:

Hoffmann, David, FNIMH, AHG Medical Herbalism: The Science and Practice of Herbal Medicine, 562

Barnes, Emile, If Teacups Could Talk: Brewing a Perfect Pot of Tea, 14