**Teas & Decoctions**

Tea invites us to slow down, take a sip, listen to our bodies and feel the experience. Herbal teas offer us a way to support our health on a daily basis. The more we sit and enjoy the experience of herbal teas, the more the herbs reveal themselves. We can create a deeper relationship with herbs in this way. They can speak to your body’s needs, if you listen.

One of the best ways to acquaint yourself with a tea or an herb is to start simple. Try one. Make a strong tea or an infusion. Drink one cup of that tea for an entire week (or month). Experience the taste, smell, feel, color and listen to how your body responds. Once you know how that herb works, then you will have a stronger foundation for mixing it with another. Then the alchemy begins!

**Teas:**

Flowers: steep 3-5 minutes

Berries: steep 3-7 minutes

Leaves: steep 3-10 minutes

Roots: Steep 5-15 minutes or boil for 5 minutes

Bark: Steep 5-15 minutes or boil for 3-5 minutes

It is best to use glass or clay for brewing teas.

**Decoctions:**

A water based extraction where the plant is placed in boiling water and simmered for a decent amount of time. Decoctions use all herbs including roots, seed and bark. Strong decoctions can consist of double the amount of herb or are simmered for longer (reducing the amount of water).

Decoctions extract constituents from tougher plant material, can be used if there’s no concern about cooking volatile oils and letting them escape, and also serve as the basis for syrups. Decoctions are used in Traditional Chinese Medicine as an herbal healing method called “tangs.”

1 oz. dried herb

32 oz. water

Combine water and herbs, slowly bring to a boil. Once boiling, reduce to simmer. Slowly simmer for 10-15 minutes or until volume of water is reduced to half (45-50 minutes). Strain out herbs.

Drink ½ cup to 1 cup 3 times per day.