

different types of
herbal
TEA INFUSIONS



**HOT WATER
INFUSION**
(traditional style)

Steep loose herbs passively in very hot, almost-boiling water for about 15-20 minutes



COLD INFUSION

Leave cut and sifted or powdered herbs in cold water, and steep in a sealed mason jar in the fridge for at least 4 hours, or overnight



SUN TEA

Leave a mason jar of herbs and room temp water out in the sun or on a sunny windowsill for -3 or 4 days, then strain out the herbs and sip on the tasty sun-infused herbal tea



SUPER INFUSION

Similar to traditional tea infusions, except the loose herbs are steeped in the hot water for at least 4 hours or longer (sometimes overnight)

Tea And Infusions

RD Boyd



Tea And Infusions:

Decoding **Tea And Infusions**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Tea And Infusions**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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