



# Sun Tea

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## DIRECTIONS

**Harvest:** Any aromatic tea herbs like mint, lemon verbena, lemon balm, chamomile, hibiscus

12 servings

### Supplies:

- 1 gallon jar with lid (1 gal = 16 cups)
- Ladle for stirring and serving
- Cups and ice for serving

### Ingredients

- 1 large bunch of fresh herbs, or 1 cup dry (ex: hibiscus 'jamaica' with mint)
- Sweetener (agave or honey)
- Garnishes (sliced citrus, fresh herb and flower sprigs)

### Directions

1. Harvest and wash herbs.
2. Fill the jar with clean water.
3. Add the herbs to the jar, cover and steep in the sun for 2-3 hours (1 hour can work on an extra hot day.).
4. Add sweetener to taste after the herbs have steeped. Serve straight out of the jar with a spigot or ladle, or strain through a colander into a bowl to serve punch-bowl style on ice, with garnishes like sliced citrus, edible flowers or mint sprigs.

### Notes

- Don't leave out longer than 3 hours as that is when you enter the zone that unwanted bacteria can occur.
- Use any combination of tea herbs; some gentle options for kids are suggested above
- If using tea bags, the ratio is about 8-10 bags per 1 gallon of water. The more herbs you add, the stronger the tea.
- Sweeten with a liquid sweetener for water solubility.
- Have students harvest or prepare their own garnishes and share the nutritional/medicinal benefits of the herbs.

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*Recipes created by chef/writer Nina Anakar for The School Garden Network's Cooking From The Garden program.*

