



WILD GARDEN
farms



1 serving



5 minutes

beat-the-funk tea

ingredients:

- 1 teaspoon dried rose petals
- 1 teaspoon dried or fresh rosemary leaves, chopped
- 1 teaspoon dried holy basil leaves
- 1 teaspoon fresh ginger, grated

instructions:

1. Break apart the leaves of the plants with your hands in a bowl.
2. Add ginger and mix well.
3. Put tea in a tea bag, tea ball or stainless steel infuser.
4. Pour almost-boiling water over tea and let steep for 5-10 minutes.
5. Strain and drink! Add lemon juice and honey if desired.
6. Drink a mug a day to keep your spirits bright!

the cuisine of health

- Rosemary is a brain tonic that enhances cognition. It also...
 - acts as an antidepressant.
 - improves concentration, memory and focus.
 - eases headaches and migraines.
 - improves circulation and boosts heart health.
 - helps in the digestion of fatty and protein-rich foods.
 - is highly antiseptic and anti-inflammatory.