



GARDEN SUN TEA

MAKES 64 OZ.

Use hot summer days to slow-brew flavorful teas. Find dried flowers in the health food section of the grocery, international markets, or dry your own (chemical-free) flowers from your garden.

- 2 Tbsp. loose-leaf green or black tea
- 1 Tbsp. dried hibiscus flowers
- 2 sprigs fresh peppermint
- 64 oz. water

On a sunny day, combine all ingredients in a clear glass pitcher in the order listed; stir. Set outside in direct sun for 2–6 hours. If needed, move the pitcher throughout the day to track the sun, and place directly on flagstones, cement patios, or blacktop to gain the most heat. When your tea has finished brewing, bring it inside and strain out leaves and flowers.

Tip: Keep simple syrup on hand in the refrigerator all summer to easily sweeten iced tea, coffee drinks, and cocktails. In a glass jar stir together 1 cup sugar and 1 cup hot water until dissolved. Cool, then transfer to a sealed jar with a pour spout and refrigerate for up to 4 weeks.

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