Catnip

Cold Brew: Sweet Citrus Catnip

To make Cold Brew: Sweet Citrus Catnip you'll need a heaping cup Organic Catnip - 1½ cup organic raw sugar - juice of 2 large organic lemons - juice of a large organic orange - one sliced organic lime - a gallon cold purified water - plastic wrap - fine mesh strainer - measuring cup - quart sized mason jar with cover - gallon sized wide mouth jar with cover

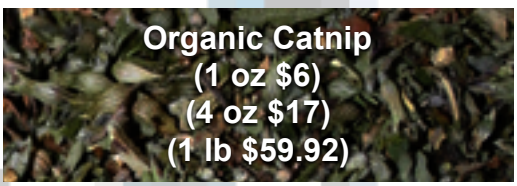
Put the catnip, lemon and orange juice in a quart sized mason jar. Cover the mouth of the jar with plastic wrap before covering it with the lid. Shake well and allow to steep on a counter for at least 6 hours. Shake occasionally. Strain it into the measuring cup then pour that into the gallon jar. Fill the jar the rest of the way with cold purified water. Finally, stir in the sugar until ever grain is dissolved. Add the sliced lime and refrigerate at least 4 hours before drinking.

You know I have Organic Catnip in stock. Be swift about contacting me and place your order today! ***All my teas and spices are certified organic unless otherwise specified.*** Email nicolechavous@me.com

Catnip *(nepeta cataria)* is a spectacular herb that can be smoke medicinally or brewed into a tea for respiratory, anxiety, and insomniac issues. It's powerful enough to arrest migraine and is used to assist relaxation, promote peaceful sleep, treat and prevent cold, flu and other bacterial and viral infections. It can aid in digestion, help relieve gas and stomach cramping, and be used as an overall tonic.



Catnip is also used for fever, hives, and with anyone who has worms. It is a powerful analgesic and is actually safe enough for small children to use. Oil of catnip applied directly to the skin is used for arthritis pain and inflammation, hemorrhoids, and as a compress to relieve swelling.



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