Cold Brew: Lavender



Lavender *(lavendula vera)* aromatically can provide sweet, peaceful tranquility so smooth you'll forget why you where anxious or upset in the first place. It's known to help relax and calm a person with anxiety and stress and also promote emotional balance and wellbeing in persons with depression. As a warm tea, I enjoy mine with lemon, a hint of honey to the sounds of Najee. But, have you tried the cold brew method yet? Cold brew is a method of brewing tea using a cold steeping technique. Cold brewed *lavender* is the most wonderfully relaxing and beautifully scented drink I've ever experienced. Matter fact, the sweet, tranquil aroma alone is a balm enough to calm and heal an anxious mind. Have you ever tried *drinking* lavender tea? It smells amazing, tastes delicious, but the relaxing and calming effects on the mind are the most beneficial properties in my opinion. And you know I *love* to share, so here's my secret cold brew lavender. Note: Use more sugar, citrus fruit and/or add honey for a twist. Let me know how you like yours!



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To enjoy our Cold Brew: Lavender you'll need a heaping cup organic lavender - 2 cups organic raw sugar - 3½ cups cold purified water - 1 organic lemon - a wide mouth, covered gallon jar - little less than a gallon cold purified water - plastic wrap - fine mesh strainer - measuring cup - quart sized mason jar with cover
Put the whole lemon (sliced or wedged) and lavender in a quart sized mason jar. Add enough cold purified water to saturate the lavender, about 3½ cups. Cover the mouth of the jar with plastic wrap before covering with the lid. Shake well and allow to steep on a counter for at least 3 hours. Shake occasionally. You can strain it anytime after 3 hours of steeping, but I usually chill it in the back of the refrigerator for a few hours before I'm ready to strain it. In the meantime, fill the gallon jar with cold purified water, thoroughly stir in the sugar, and also chill it in the refrigerator, but make certain to leave enough room for the lavender after it's strained. When you're ready, strain the cold lavender into the measuring cup, then pour that into the gallon jar with the chilled water. Stir well and enjoy.

Lavender *(lavendula vera)* can effectively treat restlessness, insomnia, nervousness, depression, and a variety of digestive complaints, loss of appetite, vomiting, nausea, intestinal gas, upset stomach, and painful conditions. Studies have proven that organic lavender can successfully treat hair loss. Lavender is known to be amazing in a way that even smelling the aroma can aid in physical relaxation and emotional tranquility. Lavender is known to be a calming nervine, fight anxiousness and gently fight insomnia.

Organic **Lavender** is in stock. Be swift about contacting nicolechavous@me.com and place your order today! ***All my herbs, teas and spices are certified organic unless otherwise specified.***

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