Red Raspberry Leaf

Warm Red Raspberry Tea

To brew a proper cup of warm **red raspberry leaf** simply steep one bag (or 1 teaspoon loose leaf) organic **red raspberry leaf** ten minutes in a cup of purified water. To brew a gallon, steep a heaping cup loose leaf organic **red raspberry leaf** in a gallon of purified water.

Red Raspberry Leaf Extract

To make **red raspberry leaf** extract simply use one heaping cup of loose leaf organic **red raspberry leaf** in a pint sized mason jar. Cover **red raspberry leaf** with any strong grain alcohol or Vodka. Layer plastic wrap between lid and jar to prevent the lid from rusting. Label and date the jar (ex. **red raspberry leaf** Extract 1/17/15). Store overnight in a dark, cool place. The **red raspberry leaf** will absorb the alcohol, so for one week you'll need to top it off daily with more alcohol and give it a good shake to keep the herbs covered. After that, make it a point to shake the jar weekly for 4-6 weeks. Strain through a damp cheesecloth preferably into amber bottle, but, I normally give the jar a good cleaning and drying and pour it back into the same one. Store in dark, cool place. To use: take a half teaspoon with 8 ounces of water, juice or tea.

Red Raspberry Leaf (rubus idaeus) is used for diarrhea, flu and swine flu, heart problems, fever, diabetes, vitamin deficiency, to promote sweating, urination, bile production, general purification of skin and blood, painful periods, heavy periods, morning sickness associated with pregnancy, preventing miscarriage, and easing labor and delivery and applied directly to the skin for sore throat and skin rash.





Organic Red Raspberry Leaf 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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