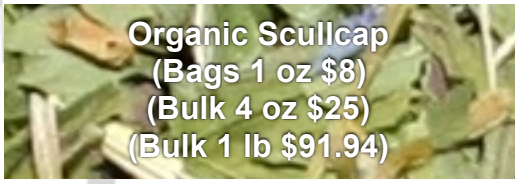
Cold Brew: Scullcap

Cold Brew: Sweet Scullcap

To make a delicious quart of Cold Brewed: Sweet Scullcap you'll need a tablespoon and a teaspoon organic scullcap - 3 tablespoons organic raw sugar - ½ sliced organic orange - 3½ cups cold purified water - plastic wrap - fine mesh strainer - measuring cup - quart sized mason jar with cover
Put the scullcap, orange and about 3½ cups cold purified water 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 3 hours. Shake occasionally. Strain it into the measuring cup, clean the jar and pour the tea back into the jar. Add the sugar, cover tight, and shake until every grain is dissolved. Finally, fill the jar the rest of the way with cold purified water. Chill in the back of the refrigerator at least 4 hours before serving.





How to Strain Loose Leaf Tea

I'm a pro at brewing tisane now, but in the beginning I caught all types of trouble trying to strain loose leaf tea. Since then, I've developed this simple method that'll leave you only with clean, drinkable tea. And you can use this method whether making one cup or one gallon.
You'll need: 3 or 4 tablespoons purified water - a fine mesh strainer - a measuring cup - a paper towel
Directions: Dampen the paper towel with the purified water. Squeeze any excess water out and carefully open the paper towel. Line the fine mesh strainer with the damp towel. Prop that on the measuring cup. Pour the loose leaf tea into the lined mesh strainer. Only the clean, drinkable liquid will exit into the measuring cup. You can press the wet herb to squeeze out all the liquid, but I normally just let it drain until it's virtually dry.

Scullcap *(scutellaria)* is known to be a tranquil, calming, sleep-inducing herb. It can be smoked or brewed into a delicious drink and enjoyed warm or ice cold. It's great for weight management, liver health, blood sugar management and delivers a healthy dosage of antioxidants. Scullcap is also great to soothe allergies, combat inflammation, calm spasms, heal skin infections and be nourishing to muscles and nerves while offering minerals and phytonutrients.

Organic Scullcap is 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

AUDIO ANIME RECORDS, INC

WARNING: This information is not intended to diagnose, prevent, treat or prescribe any condition. This information is meant to supplement, not replace advice from your doctor or healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects. This information may not fit your specific health circumstances. Never delay or disregard seeking professional medical advice from your doctor or other qualified health care provider because of something you have read. You should always speak with your doctor or health care professional before you start, stop, or change any prescribed part of your health care plan or treatment and to determine what course of therapy is right for you.
All Rights Reserved © 2016 Audio Anime Records, Inc