

Mary Salmon's Infusion Recipes (November 2018)

2 Quarts of Iced infused drink/tea

quart sauce pan

2 Cups of water

1 hand full of fresh herb tips (stems and leaves)

wash herbs

place herbs in a sauce pan

I like to blend Monarda (Bee Balm) and Mentha (Spearmint) with black tea.

add 2 cups of water

turn on heat

bring to a boil

I like to blend Melissa (Lemon Balm) with green tea.

turn off heat

* add 3-4 tea bags and let steep I blended Anaphalis (Pearly Everlasting) with ginger

In a 2 quart pitcher

add 1/4 Cup sugar or 3 Tablespoons of liquid honey**

strain off the infusion into the 2 quart pitcher

add water and ice to fill

chill in refrigerator or serve

* optional

One cup of infusion/tea

Pick 1-2 leaves of fresh herb - wash

put leaves into a mug and fill with water

put mug into microwave on 2 minutes

add 1 tea bag

let steep

serve plain or with sugar or honey and/or milk**

Staghorn Sumac Lemonade

Harvest Staghorn Sumac in summer (late July through August) after the berries have turned red. Tartness disappears the longer it stays out in the weather.

* Cut each bunch of berries off the main stem. Leave to dry in the air or in a dehydrator for later use.

* Pull the berries off 4 stems and drop into 2 Cups of boiling water in a sauce pan.....or bring to just a boil. Remove from heat and let steep for 30 min.

* Pour liquor through cheesecloth lined sieve to get ride of the tiny fuzzy hairs.

* Sweeten with honey or sugar and serve hot or cold with more water and ice.**

** It's easier to dissolve sugar and especially honey if the infusion is still warm.