



Sun Tea Makes The Best Tasting Tea

By: Susan Higley

A great way to make tea without heating up your kitchen is to use the power of the sun. My memory from the 70's is of brewing tea in a glass container out in the open sunshine. This brew was known far and wide as sun tea. I was the one who prepared the tea and searched out the perfect spot in the yard, where the tea would receive direct sunlight and slowly brew into a delightful concoction we would all enjoy. Basic sun tea recipe:

- Place 4-6 tea bags into a 2-quart container. Fill with cold water and cap. Find that sunny spot in your yard for your sun tea to soak up the sun's rays for 2-4 hours. When the tea has reached desired strength, remove tea bags. Pour over ice for a great summer treat.
- It's best to use a clear glass container; it lets the sun in and doesn't give your tea any strange odors or taste that come from plastic.

This recipe makes 1 quart of Sun Tea; You will need 3-4 raspberry tea bags, ¼ cup of fresh mint leaves, 4 cups cold water, 12 raspberries for garnish, and 4 mint sprigs for garnish. Brewing instructions:

- Place tea bags, fresh mint leaves, and water in a loosely capped container in the sun to brew. Strain the tea into a pitcher, cover and refrigerate until ready to serve. When ready, fill a tall glass with ice, pour in tea and garnish with a few raspberries and a mint sprig

There are so many variations of teas to choose from; licorice root, corn silk, rosemary, pomegranate, mango, chamomile slim teas, cinnamon, and orange to name a few. You could add many ingredients to garnish your teas such as lemons, limes, oranges, cinnamon sticks, ginger, cloves, ionic fizz, or lemonade, to name a few. Those who like sweet tea can stir in ¼ to 1 cup of xylitol or stevia into the water before adding tea bags.

I love a good glass of sun tea in the summer; it cools me off as the mercury breaks 100°F. My favorite sun tea is brewed in a gallon jar with 2 oolong tea bags, 2 green tea bags, and 3 black tea bags. You

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