



Ginger Mint Tea

Serves 6

This herbal tea can be enjoyed on a cold afternoon or to aid digestion after a heavy meal. Need a pick-me-up? Add your favorite black or green tea for a caffeine boost. Otherwise, this tea is caffeine-free.

Ingredients

1 3-inch piece of fresh ginger*
A few sprigs of fresh mint*
Lemon, sugar, or honey, optional

**Available from such vendors as 22 Oaks Garden, Broadfork Farm, Bundy Heirloom Farm, Crumptown Farm, F.J. Medina and Sons, and G. Flores Produce*

Directions

Peel and slice the ginger into coins. They do not need to be precise.

For tea with a stronger flavor: bring 8 cups of water to a boil, add the sliced ginger and sprigs of mint, and simmer over medium heat for about 20 minutes. Your kitchen will smell wonderful! Remove the ginger and mint and serve with lemon and your choice of sweetener.

For tea with a lighter flavor: place the sliced ginger and mint sprigs into a teapot or saucepan. Bring 8 cups of water to a boil and pour the boiling water over the ginger and mint, off the heat. Let steep for 10 minutes, strain, and serve with lemon and your choice of sweetener.