



## *My Secret Favourite Tea from the Woods*

### *Lingonberry Leaf Tea*



*Lingonberries can be found almost everywhere and have long been known for their tasty and healthy berries. But not only are the berries useful, but also the leaves from which you can prepare a simple tea, with some therapeutic effect for the body.*

*Oh, and do you like the smell of root beer? Then you're going to love this tea!*

### *What are Lingonberries?*

*Lingonberries are small evergreen bushes, which bloom in late spring/early summer. The white berries turn red around September and are ripe then. The berries contain many minerals and vitamins and can be used in different ways, but it's often forgotten that the leaves can be used too.*



*In Addition to the vitamins and minerals, they contain carboxylic acids, tannin, quinine, arbutin and hydroquinone. These substances of these leaves make for a wonderful tea which has widely been used in native medicine.*

*Want to know more about this awesome little plant? Here's a link to only one of the many websites available.*

## *Lingonberry Tea Recipe*

*For 1 big cup take :*

- 5 - 10 leaves (give them a quick rub under running water)*
- Fill cup with boiling water*
- Let it steep for 5 - 20 min (depending on how strong you like it)*
- Take the tea leaves out, sweeten if preferred*
- ....and enjoy !*

*Oh, and in case you're a little insecure what the leaves look like.....check out our short Youtube Video here !*