



# The Herb Tea Book: Blending, Brewing, and Savoring Teas for Every Mood and Occasion

*Susan Clotfelter*

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Demystifying the tea blending process, The Herb Tea Book encourages readers to mix and match ingredients, including home grown herbs, to create aromatic teas from the recipes in the book or from their own concoctions. Energizing teas will rejuvenate and revive; nurturing teas reduce heartache and stress; and medicinal teas relieve upset stomachs, headaches, colds, flu, and more. Each recipe accompanies beautiful, sensual photographs that celebrate the raw materials and supplies that create these wonderful teas. Easy steps show readers ways to mix their own blends for themselves or for gifts appealing to connoisseurs and neophytes alike.

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