



Lemon Balm Tea

Chef: Red Fern Farm

Lemon balm (*Melissa officinalis*) is a member of the mint family and is an uplifting herb. It is often used to combat stress and improve mood. Lemon balm is a perennial that grows readily in South Carolina in a moist, partially shaded spot. Fresh lemon balm can be dried for use throughout the year.

8 tbsp. fresh chopped lemon balm, leaves & stems
4 cups water
Empty tea bags
Sweetener of choice (honey, stevia, etc.)

Method:

1. Measure chopped lemon balm into tea bags and close with string if not seal-sealing.
2. On the stove, fill a small pot with 4 cups of water. Set heat to medium-high and add tea bags.
3. When the water is just short of boiling, move the pot off of the heat and let the tea steep for 5-10 minutes (15+ minutes for a stronger brew.)
4. Add your sweetener of choice to taste and serve hot or cold.

Recipe serves 4. The rule of thumb for herbal tea is to use 2 tbsp. of fresh chopped herb or 1 tbsp. of dried herb per 1 c. of water. Herbal teas can be refrigerated for up to a week. Many of the mint family herbs (lemon balm, peppermint, lavender, basil, and so on) lend themselves very well to herbal tea. Herbal brews can also be blended with traditional black tea brews for delicious sweet iced teas in the summer months.