

## Arlene's Garden Iced Tea Brewing Instructions

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2 tsp. per cup

### Iced Method:

Pour 2 cups of boiling water over 2 tbsp of Arlene's Garden premium loose tea blends. Steep as outlined above. Strain tea over 2 cups of ice to chill instantly. Makes 1 litre.

### Chilled Method:

Pour 4 cups of boiling water over 2 tbsp of Arlene's Garden premium loose tea blends. Steep as outlined above. Strain tea into container & refrigerate until cold. Makes 1 litre.

### Iced Tea Hints:

- Add frozen fruit/ berries to cold tea before serving
- Add lemon, lime, orange or fresh mint as garnish, when chilled
- Combine fruit juice with tea, when chilled
- Sweeten tea naturally, with honey, maple syrup or fruit juice

## Wellness Organic Tea Brewing Instructions

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### Steeped Tea

1 tsp per cup; steep according to tea blend

### Herbal and White Tea

boiling water, steep 10 minutes

### Green Tea

just before the boil, steep 1-3 minutes

### Black Tea

boiling water, steep 5 minutes

## Organic Apothecary

Arlene's Garden creates premium - quality products that nourish your body, your senses and your soul! Experience our Organic Apothecary & Aroma Spa Products including complexion and wellness teas, body scrubs, massage oils & lotions, bath salts & muscle soaks, hydrosols, foot soaks, facial serums and much more...

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Prince Edward County



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