

# Tea Time with Kelly

Long before I began my herbal journey, I remember being drawn to herb shops. Maybe it was because my great uncle owned an herb shop, but I loved the smells, the cool clean air and the calm I felt in them. In college I bought myself a bag of dried, loose chamomile flowers and some local honey. I had no idea what it was good for, but I liked it. I don't even recall if I made a tea from the flowers since I didn't even know how to make tea, but I bought them anyway. As I began The School of Natural Healing another 10 years later, I was reading David Christopher's book, *Herbal Legacy of Courage*. I was captivated by herbs and their qualities, and by Dr. John R. Christopher's tremendous heart. From that time forward, every time I was in an herb shop or garden shop, I was adding some plant to my pantry and garden. I wanted to try them all and participate in the wonderful world of herbs and natural healing. Fast forward another 10 years and I now have a pantry and garden full of herbs that I can use, but I struggled with finding a way to simplify a hand-picked tea. I wanted to make a tea with the flavors and herbs that were suited for my needs. This last year for Christmas, I asked for some glass tea infuser bottles that have stainless steel holders for cut herbs inside. They have become a favorite. I have two brands I've tried, [UEndure](#) and [Zen](#) brand, and both are excellent. The double walls allow for the drink to stay hot while not burning your hands. The stainless-steel herb basket inside screws onto the lid inside and the bottle can be opened from either end. They both come with covers to insulate, protect the glass from breaking and ease for you to carry. These are handwashing items, but that hasn't bothered me in the least. Each tumbler holds about 13 ounces. I have made both cold and hot teas with them. I will either boil my water and add the hot water to my tea or just put in cold water and let it sit.

When making tea for a larger crowd, I also recommend French presses. They are made generally for coffee, but I have loved them for making tea. Ginger's Garden Cafe uses [Primula](#) brand for the teas they serve and Dr. Christopher's Herb Shop that is within the cafe, also sells them. They are made of glass and stainless steel. I never have had large bits of herbs in my tea, always a clean pour.

This tea infusing bottle and French press has made life so much easier for me. It's time for tea!

***Kelly Pomeroy** is a Master Herbalist graduate and Student Adviser for The School of Natural Healing. She studies biology and loves being a mother to her four awesome kids*