

Rooibos Leaf (Red-Bush)

Rooibos (Red-Bush) leaf called the “Tea of Africa,” is from the fine, needle-like leaves of *Aspalathus linearis*, which grows on the high mountain ranges of the South African Cape region. The leaves make a distinctive tasty, reddish brown aromatic tea that is often used as a coffee substitute. Rooibos is naturally caffeine-free and has less than half the tannins of regular tea so the flavor is mellow and rich without sharp or bitter notes. Trade in wild Rooibos tea began shortly after 1900, with Rooibos tea cultivation beginning in the 1930’s. Rooibos tea is served throughout the world, even in the tea-loving countries of England and Japan. Because the tea is less bitter and slightly sweet of its own, little added sweetening is required making it a good option for those watching their calories. It is also considered to be an excellent thirst-quencher as an iced tea in the warmer months of the year.

Directions: The best way to make a good tasting cup of tea is by the infusion method. Place one tea bag into a cup and add no more than 6 oz. of boiling water. Let steep for 3 minutes. Press the bag before removing to enhance flavor.

Iced Tea – Microwave: Put 8 teabags in a quart jar of water and microwave on high for 2 minutes. Let steep for an additional 8-10 minutes, remove teabags and chill.

Sun Tea: Put 8 teabags in a covered quart jar of water and allow to stand on a window sill in the sun for 6-8 hours, remove teabags and chill.

Add honey to sweeten.

Ingredients: Rooibos Leaf

Caffeine Free