NATURAL KNOWS

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The Cozy Cup Tea Chart

8 everyday herbal and classic teas: when people reach for them, how to brew each one well, and the safety notes to know first. Stick it inside your tea cupboard.

TEA	TRADITIONALLY USED FOR	BREW	GOOD TO KNOW
Peppermint leaf	After meals, a fresh lift on screen-heavy days	Just-boiled water · 5–7 min, covered	caffeine-free May not suit people with reflux.
Ginger fresh root	Chilly days, an unsettled stomach, travel	4–6 thin slices · simmer 10 min	caffeine-free Add lemon and honey after it cools a little.
Chamomile flower	Winding down in the evening	Just-boiled · 5 min, covered	caffeine-free Skip if allergic to ragweed or daisies.
Lemon balm leaf	Calm afternoons, gentle evening cup	Just-boiled · 5–10 min, covered	caffeine-free Ask a doctor first if you take thyroid medication.
Thyme leaf	Cold-season cups with honey and lemon	1 tsp dried · 5–10 min, covered	caffeine-free Strong taste: start with less.
Rooibos red bush	A rich everyday cup, any time of day	Just-boiled · 5–7 min	caffeine-free Good swap for an afternoon black tea.
Green tea Camellia sinensis	Morning focus with a lighter lift	About 80 °C · 2–3 min	has caffeine Too hot or too long tastes bitter.
Lavender flower	A floral note in a bedtime blend	½ tsp in a blend · 5 min	caffeine-free A little goes a long way; use culinary lavender.

Safety first

- Traditional comfort cups only. Teas do not diagnose, treat or cure anything.
- Pregnant, breastfeeding, on medication or with a health condition? Ask your doctor or pharmacist before using herbal teas regularly.
- Stop any tea that disagrees with you. Not for babies or young children.

Want more? The Herbal Kitchen Bundle on naturalknows.com has tea blend cards, recipes and labels for your shelf.