

FLOWER MOON TEA RECIPE



Ingredients

1 tsp fresh or dried elderflower
1 tsp fresh lilac, violet, or
fresh/dried jasmine
1 tsp rose petals
¼ tsp powdered vanilla bean, or ¼
vanilla bean per cup of tea
½ tsp lavender
Lemon slices, if desired
Honey, if desired

Directions

To make a single cup of tea, add 1
tablespoon to a tea strainer, eco-
friendly tea bag, or French press.
Pour 1 to 1 ½ cups hot water over
the tea and steep for 3-5 minutes.
Add honey to taste, if desired.

To cold-brew this tea blend, add
the ingredients to a glass jar or
French press, steep overnight in
the refrigerator, strain, and serve.

To make a larger amount for your
Beltane gathering, treat the
proportions as “parts” and scale
up, such as 1 tsp = ½ cup or 1 cup
- choosing your scale depending
on the number of people you are
serving. You can also do this to
mix up a large jar of the tea blend,
especially if you’re using dried
flowers, to enjoy throughout the
Beltane season!

