

Cooking Times for Teas



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Healing Waters Clinic & Herb Shop

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This is the Healing Waters guide to making health-building teas that can be drunk on a daily basis as beverage teas. These teas, most of which come from the tea plant, *Camillia senensis*, are full of antioxidants, and have health sustaining properties.

A note on medicinal teas:

Most herbal teas used for healing are cooked by steeping, infusion, and decoction:

Steeping	3-10 min	delicate flowers, and leaves
Infusion	20 min.	flowers, leaves, whole herb
Decoction	50 min.	roots, barks

Look for our Patient Hand Out on How to Make Medicinal Herbal Teas for more details. The teas listed below are healthy beverages, and can be considered "medicine," but are not really strong or meant to have strong therapeutic effects on the body. They do, however, contribute to health if drunk daily.

Most people are familiar with Orange Pekoe, the standard.

Beverage teas cooking time:

Kukicha" Twig Tea"	1 min. can be reused several times
Pu Erh	1 min. can be reused several times
Yunnan Pu Erh	1 min. can be reused several times
Oolong	3-5 min. usually brewed one time
Jasmine	1-2 min. can be reused once or twice
Shu Mee White	1 min. can be reused once or twice
Yerba Mate Roasted	1 min. can be reused several times
Yerba Mate Green	1 min. can be reused several times
Rooibos	3-5 min. usually brewed one time
Genmaicha	1 min. can be reused several times
Gun Powder Green	1 min. can be reused several times
Chun Mee Green	1 min. can be reused several times
Silver Sprout	1 min. can be reused several times
Green Tea Decaf	1 min. can be reused several times
Sencha	1 min. can be reused several times
Gynostema	3-6 min. can be reused several times
Red wood Chai	20 min. bulk chai needs to be simmered
Yogi Chai	20 min. chai is usually cooked one time

Health Building Tonic Blends

These are our own creations. They are mild teas that need simmering for longer periods or steeped overnight. See the Deep Steeping Method hand out.

V-M Tonic	20 min. usually cooked one time
Green Wizard	20 min. usually cooked one time

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