

# Make Your Own Violet Tea



While you're enjoying the beautiful violets gracing the front lawn, why not try making your own tisane to sip on a spring afternoon? Violet leaves contain Vitamin C and their mild, earthy taste is refreshing. Add a bit of honey to sweeten it up, and you'll enjoy your pretty and tasty tisane.

Before picking your violets, just a few things to keep in mind: be sure that they have not been treated with fertilizer or pesticides. Only use plants that are safe. And do not use African Violets. That is a different plant entirely.



**Ready to start?** Here's the recipe you can print off if you'd like. Let me know if you try the tisane and what you think. Happy spring!



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Violet Tisane

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Recipe type: Beverage

Cuisine: Tea

Drink this light, earthy tea for a spring treat.

Ingredients

- 6 violet blossoms
- 4 violet leaves
- Honey if desired
- Boiled water

Instructions

1. Boil 8 oz of water.
2. Add the blossoms and leaves to a tea bag or tea pot and pour the water over them.
3. Steep for 3 minutes.
4. Strain.
5. Add honey and a fresh blossom to your cup if you'd like.
6. Enjoy!

