

# Herbal Infused Water



It's September and as I look at my aromatherapy garden, I can see the season changing before my eyes.

My chamomile and cosmos are spent and withered. But the zinnia are going strong and the asters are just getting started. Many of my herbs are still happily blooming, ready and waiting to be plucked and enjoyed. One of my favorite ways to use them is as a healthy water flavoring.

## Healthy Water Flavoring

Early autumn is still a perfect time to enjoy the infused water I'm going to share with you today. It couldn't be simpler; it tastes wonderful and is so much better for you than soda. This recipe and its variation are also easily adapted. I'll give you my favorite infused water recipe that I made this year, but, really, you can use whatever herbs you have on hand.

# Herbal-Infused Water



Enjoy refreshing water infused with fresh herbs and/or fruit.

- 2 leaves Rose-lemon Scented Geranium
- 2 leaves Old-fashioned Rose Scented Geranium
- 5 leaves Lemon Balm
- 3 leaves Peppermint
- 3 leaves Pineapple Sage
- 1 quart Water

1. Pick all the fresh herbs and rinse off.
2. Put herbs in a pitcher and fill with water. Gently prod the herbs with a wooden spoon to release the oils of the herbs.
3. Cool in refrigerator or add ice and drink immediately.
4. Variation: Add slices of cucumber, orange, lemon, and/or lime. I found that each day the lime was in the pitcher, its flavor became stronger and overpowered the mix. If you use lime, you may want to remove it after the first day.

If stored in the refrigerator, this recipe will keep for about 3 or 4 days. I keep adding water to the pitcher. After four days, discard the herbs and fruit and start over again.



You can see the water in the top left corner

Over the summer, I made a big batch of herb and fruit-infused water that I took with me to a craft fair. The temperature was 96 degrees that day, and I gave the water to everyone who stopped by my booth. It was a hit, and it kept me hydrated during the seven hours I worked.

Enjoy your herbal water, and if you make it, leave me a comment and let me know which herbs and fruit combination you used. You may also want to check out my posts on herbal infused sun tea or my video with personal trainer Sarah Lewis and her Lavender-Vanilla Chai tea recipe.

Botanically Me,

