

Salmonberry Blossom Iced Tea



PREP TIME
2 minutes

COOK TIME
10 minutes

READY IN
30 minutes



SERVINGS
4-6

**FOREST
INGREDIENTS**
Salmonberry Blossoms
Horsetail Herb

Ingredients

- 1 handful dried salmonberry blossoms
- 1 handful dried horsetail herb
- ½ handful dried mint leaves
- 4 cups water
- 1 lemon
- ¼ cup honey
- 1 tray of ice

Steps

- Heat water in a medium sized pot over high heat.
- Break dried horsetail herb in half and gently drop into water. Add salmonberry blossoms and mint.
- Bring to boil and immediately remove from heat. Cover and steep for 10 minutes.
- Pour honey into a large jar or heat safe pitcher.
- After 10 minutes, strain horsetail herb, salmonberry blossoms and mint with a sieve or large strainer..
- Pour tea into the pitcher and mix until honey dissolves.
- Fill the pitcher with ice. Let cool in the refrigerator until chilled.
- Serve over ice and garnish with a lemon

FOREST FRESH ALASKA

slice.

Notes

In spring or early summer beautiful salmonberry blossoms can be harvested. I like to arrange them on a tea towel or kitchen cloth spread on a baking sheet and dry them in the sun. The towel absorbs moisture as the blossoms are drying. I turn them occasionally throughout the day until they are completely dry. It is important that they are fully dried before storing them in a glass jar or plastic bag. Another way to dry them is by placing them on a baking sheet and dehydrating them in the oven. Turn your heat to low (150-200 degrees) and allow to dry for about six hours or until completely dry.