How to Brew Chamomile and Grapefruit

From the teas.co.uk wiki

Good Earth Chamomile and Grapefruit is a gentle, caffeine-free infusion, and like camomile generally it wants cooler water than a full boil. Take the kettle off the heat for half a minute to bring it down to around 95C before pouring; a fierce boil scalds the camomile flower and flattens the grapefruit peel, leaving the cup harsh. Cover the mug and give it a full six minutes so the floral and citrus sides come together.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the How to Brew Chamomile and Grapefruit recipe. Canonical: https://teas.co.uk/recipes/camomile-tea/how-to-brew-chamomile-and-grapefruit/*

One small thing: lift the bag out gently and do not squeeze it. A pressed camomile bag releases a bitter pollen note that sharpens the finish. The cup is naturally honeyed from the camomile and brightened by the grapefruit, so it drinks well plain; a twist of fresh grapefruit peel or a little honey are optional.

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