How to Brew Lemon, Ginger and Turmeric Tea

From the teas.co.uk wiki

This is a golden, peppery, citrus-lifted cup of lemon, ginger and turmeric, the sort of warming mug to reach for on a cold day. Turmeric needs heat and time to give up its colour and its gentle peppery note, so this brews longer and hotter than a fruit tea would: a full rolling boil and a good five or six minutes.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the How to Brew Lemon, Ginger and Turmeric Tea recipe. Canonical: https://teas.co.uk/recipes/turmeric/how-to-brew-lemon-ginger-and-turmeric-tea/*

It uses Good Earth Lemon, Ginger and Turmeric, which is caffeine-free. A grind of black pepper is the one trick worth knowing, as it helps the turmeric come through more clearly in the cup.

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