Chamomile, Grapefruit and Thyme Pot

From the teas.co.uk wiki

Chamomile, grapefruit and thyme make a lovely caffeine-free pot for two of an evening. Good Earth Chamomile and Grapefruit already has the citrus in the bag, and fresh pink grapefruit segments, a coin of ginger and a couple of bruised thyme sprigs dropped in with the tea build it into something a good deal more interesting than a plain cup.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Chamomile, Grapefruit and Thyme Pot recipe. Canonical: https://teas.co.uk/recipes/camomile-tea/chamomile-grapefruit-and-thyme-pot/*

Grapefruit and thyme is the pairing that does the work here; thyme suits the bitter citrus better than mint or rosemary would. The ginger adds a slow warmth without turning it spicy, and a little honey, stirred in while the pot is hot, rounds off the bitterness. It drinks well plain, though there is a small jug of warm milk on the side for anyone who fancies it.

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