How to Brew Loose Herbal Infusions

From the teas.co.uk wiki

Loose herbal infusions, whether camomile, peppermint, rooibos or hibiscus, brew a little differently from tea. The dried flowers and leaves are bulkier, so you want a heaped tablespoon rather than a teaspoon, and they give up their flavour slowly, so they need a good six minutes (where black tea takes about four and green just over two).

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the How to Brew Loose Herbal Infusions recipe. Canonical: https://teas.co.uk/recipes/fruit-tea/how-to-brew-loose-herbal-infusions/*

A bamboo strainer is ideal here: it catches the fine bits a metal mesh lets through and adds no metallic note to delicate florals. Makes one cup.

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