

## How to Brew Camomile Tea

From the Teas.co.uk wiki

Camomile is the classic evening cup, caffeine-free, with a soft, almost apple-like flavour that most people do not expect the first time. The one thing worth doing is keeping the mug covered while it steeps: much of camomile's gentle aroma is in the steam, and a saucer on top traps it in the cup rather than letting it drift off. Five minutes is plenty, and it needs neither milk nor sugar.

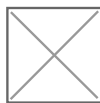
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