How to Brew Lemon Balm Tea

From the teas.co.uk wiki

Lemon balm is a gentle, lemony herb from the mint family, and this brews into a soft, caffeine-free cup with a light citrus-and-mint character that needs nothing added.

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

Keep the saucer on while it steeps, as lemon balm's flavour sits in delicate aromatic oils that drift off with the steam, and covering the cup holds them in. Five minutes is plenty.

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