How to Brew Evening Infusion

From the teas.co.uk wiki

This is a chamomile blend with lemon balm and mint alongside, all of them caffeine-free and gentle. Brewed on its own it is soft and faintly sweet, with a mild floral character that needs no milk or sugar.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the How to Brew Evening Infusion recipe. Canonical: https://teas.co.uk/recipes/mint-tea/how-to-brew-evening-infusion/*

Keep it covered while it steeps so the chamomile's aromatics stay in the cup rather than drifting off in the steam. Five minutes draws everything out without turning it bitter.

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