An After-Dinner Cup of Verveine

From the teas.co.uk wiki

Verveine, or lemon verbena, is the tisane the French reach for after a big meal. It is caffeine-free with a soft, lemony, faintly grassy character, and it has been the classic after-dinner tisane in France for generations.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the An After-Dinner Cup of Verveine recipe. Canonical: https://teas.co.uk/recipes/mint-tea/an-after-dinner-cup-of-verveine/*

Keep it covered while it steeps, as the lemon scent sits in delicate oils that escape with the steam. It needs nothing added, though a thin slice of lemon plays up its natural citrus if you like.

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