Brewing Twinings Calm (Camomile, Lemongrass and Ginger)

From the teas.co.uk wiki

Twinings Calm is a caffeine free herbal where camomile leads, lemongrass brightens the middle and a little ginger closes the finish. Being floral and delicate, it likes a proper five minute steep in just-boiled water to come through fully.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Brewing Twinings Calm (Camomile, Lemongrass and Ginger) recipe. Canonical: https://teas.co.uk/recipes/camomile-tea/brewing-twinings-calm-camomile-lemongrass-and-ginger/*

Makes one cup. No milk needed; a little honey suits it if you want it sweeter.

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