



JULY'S RECIPE

*KEEP IT
COOL*



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MOON BY MOON

JULY in its heat & glory has arrived to us though the days are getting shorter, it seems as if the sun is beating every stronger as a consequence!

as i looked around in my garden, i noticed that some plants were thriving in the relentless sunlight, while others are beginning to wither & die back. the one family i have noticed holding strong is the mint family, to which two of the ingredients in this recipe belong: catnip + peppermint

i don't know about you, but the heat wears me out & makes me swollen! it is just my constitution & even though i am an active person, it happens to me none the less. this recipe is a version of one that i often call upon in the summer to keep my fluids moving, my temperature down, & my energy level up without the use of caffeine. it incorporates some plants that are deeply nutritive & cooling that i gather to dry in the springtime -- nettle & raspberry with the equally aromatic, soothing, & cooling catnip & peppermint. i personally love using the flowers of catnip & peppermint in this blend, but if you do not have any, don't worry! just use the leaves :) because it is an iced tea, it is easy to drink lots throughout the day so it will also keep you nice & hydrated to boot.

enjoy + keep it cool!

ingredients

- catnip leaves & flowers
- nettle leaves
- raspberry leaves
- peppermint leaves & flowers
- a quart sized mason jar with a lid
- water
- honey + ice are optional

*note: using raw, local honey is my preferred method, but any honey will do in a pinch!

recipe

- add the catnip, nettle, peppermint, & raspberry into your jar
- remember: fill it half-way with fresh plants or about quarter full with dried
- cover completely with water & place your lid on top
- place jar in a sunny spot too steep for an hour
- transfer your jar into the fridge to steep for another hour
- strain & pour over ice or add in a dash of honey to sweeten, if you wish