

Golden Oat Infusion



INGREDIENTS

1 ounce oatstraw (or a combination of oatstraw and oat tops)

HERBAL TIPS

- ◆ Nourishing herbal infusions (strong herbal teas) are made by combining one ounce of herbs with one quart of boiling water and letting it steep for at least four hours.
- ◆ These kinds of infusions for daily nourishment should only be made with nourishing herbs like those mentioned earlier. It may make sense to prepare tonic herbs (like hawthorn) in this way for a specific period of time. Many herbs have medicinal qualities that are too strong to be infused or at least are not meant for daily consumption.
- ◆ A nice rhythm to establish is making your herbal infusions before you go to bed, letting them steep overnight, and drinking them throughout the following day. Or making them at breakfast time and drinking them at dinner.

PREPARATION

- 1 Put the oatstraw (and tops) into a quart jar.
- 2 Boil 1 quart of water, and pour it over the oats to fill the jar and cap with a lid.
- 3 Let steep for at least 4 hours and not more than 12 hours.
- 4 Strain, reserving the liquid and composting the oats.
- 5 Drink iced, warmed, or at room temperature, depending on your preference (I like mine iced!).

