

Little Muskingum Kettle Farm's Spiced Iced Tea



Bee Balm's spicy leaves are native to our continent, and have been used for hundreds of years as a tonic for sore throats. When combined with maple syrup and milk, Bee Balm makes a deliciously spicy iced drink for Fall!

- 1) From a package of Little Muskingum Kettle Farm's whole-leaf Bee Balm tea, place about 16 leaves in a quart-sized (32 oz) mason jar (make sure the glass jar is at room temp, or warmed by running some hot tap water over the outside surface. This prevents cracking when you pour in the boiling water in Step 3!).
- 2) Add to the mason jar $\frac{1}{4}$ cup of maple syrup (get it at the farmers market, or maybe even from a rural friend who makes their own!).
- 3) Pour boiling water into the mason jar, filling it within an inch of the top of the jar.
- 4) Stir to dissolve the maple syrup.
- 5) Let the jar come down to room temperature, then put the lid on and place it in the fridge to chill.
- 6) Fill a drinking glass with ice. Take your chilled jar of iced tea from the fridge, and gently shake it to make sure the maple syrup is evenly mixed. Pour your iced tea into the drinking glass, filling it $\frac{2}{3}$ full.
- 7) Top off your drinking glass with some milk (Florence Creamery for those of you in Marietta!)
- 8) Enjoy your locally-grown spiced iced tea with breakfast, or out on your porch (or both).