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To make a water based herbal infusion: Place one tablespoon of dried herbs or three tablespoons of fresh herbs into a ceramic teapot, mug or mason jar for each cup of tea you intend to brew. Cover herbs with boiling water. Place on the lid (or cover your cup with a saucer) and let steep for 10-15 minutes or overnight.

How to Infuse Herbs in Oil, Water, Vinegar, Alcohol or Honey

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