



Rosella Tea

Hibiscus sabdariffa flowers should be harvested when entire calyx has turned red – to prepare calyces remove petals, seeds and stems before use.

Easy Recipe for a single cup

Pour boiling water over a fresh prepared calyx for a refreshing and healthy herbal tea.

Rosella Tea with a Twist

1 cup prepared calyces

6 cups water

½ cup lime juice

sugar or sugar plant leaves to taste

(Sugar Plant – *Stevia rebaudiana* is part of the 'Pick Me edibles' range of plants. Stevia leaves are 20 times sweeter than sugar and are a great natural sweetener)

Put water and calyces in a saucepan bring to boil then simmer over moderate heat for 10 minutes. Remove from heat, cool add lime juice and sugar or sugar plant leaves (Stevia) to taste. Enjoy ice cold.

There are many variations of this tea experiment with additions of mint, cinnamon, honey, lemon juice and orange slices.

Pictures -

Top Left: 4 stages of flower development (mature calyx far right in picture)

Bottom Right: whole calyces in syrup

The **Pick Me edibles** range also includes Pepino, tamarillo, rosemary, carob, strawberry and pineapple guava, salal, Irish strawberry, thyme, jambos and more.



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