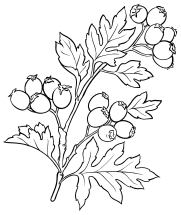
WILD TEA RECIPE



Hawthorn berry tea



Ingredients:

1–2 teaspoons of fresh or dried berries
1 cup (250 ml) of freshly boiled water
Optional: honey or lemon to taste

Instructions:

Prepare the berries
If using fresh berries, rinse and lightly crush them to help release their flavour.
If using dried berries, measure out 1–2 teaspoons.

Boil water
Bring water to a boil, then let it cool for about 30 seconds.

Steep
Place the berries in a teapot or cup.
Pour hot water over the berries.
Cover and steep for 5 - 10 minutes.

Strain and serve
Strain the berries out if loose.
Add a touch of honey or lemon if desired.

Enjoy warm or chilled
This tea can be enjoyed hot or cold. It makes a refreshing iced tea!



A Note on Foraging

Pick wisely
Deep red berries are the best — this colour lets you know they are ripe for picking.

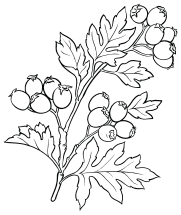
Know what you're picking
Only harvest what you're sure of. Do your research first.

Share with the land
Leave plenty for wildlife, the plant itself, and fellow foragers.

Learn more from trusted sources:
woodlandtrust.org.uk
wildfooduk.com
plantlife.org.uk



WILD TEA RECIPE



Hawthorn berry tea



Ingredients:

1–2 teaspoons of fresh or dried berries
1 cup (250 ml) of freshly boiled water
Optional: honey or lemon to taste

Instructions:

Prepare the berries
If using fresh berries, rinse and lightly crush them to help release their flavour.
If using dried berries, measure out 1–2 teaspoons.

Boil water
Bring water to a boil, then let it cool for about 30 seconds.

Steep
Place the berries in a teapot or cup.
Pour hot water over the berries.
Cover and steep for 5 - 10 minutes.

Strain and serve
Strain the berries out if loose.
Add a touch of honey or lemon if desired.

Enjoy warm or chilled
This tea can be enjoyed hot or cold. It makes a refreshing iced tea!



A Note on Foraging

Pick wisely
Deep red berries are the best — this colour lets you know they are ripe for picking.

Know what you're picking
Only harvest what you're sure of. Do your research first.

Share with the land
Leave plenty for wildlife, the plant itself, and fellow foragers.

Learn more from trusted sources:
woodlandtrust.org.uk
wildfooduk.com
plantlife.org.uk



WILD TEA RECIPE

Rose hip Tea

Ingredients:

A small handful of fresh rose hips
(or 1 ½ tablespoons of dried rose hips)
1 cup (250 ml) of freshly boiled water
Optional: honey or lemon to taste

Instructions:

Prepare the rose hips
If using fresh rose hips, first remove any stems or leaves, rinse a small handful and crush or chop them to help release their flavor.
If using dried rose hips, measure out 1 ½ tablespoons.

Boil water
Bring water to a boil, then let it cool for about 30 seconds.

Steep
Place the rose hips in a teapot or cup.
Pour hot water over the leaves.
Cover and steep for 5–10 minutes.



Strain and serve
Strain the rose hips out.
Add a touch of honey or lemon if desired.

Enjoy warm or chilled
This tea can be enjoyed hot or cold. It makes a refreshing iced tea!

A Note on Foraging

Pick wisely
Rose hips picked after the first frost are best — they are sweeter and softer.

Know what you're picking
Only harvest what you're sure of. Do your research first.

Share with the land
Leave plenty for wildlife, the plant itself, and fellow foragers.

Learn more from trusted sources:
woodlandtrust.org.uk
wildfooduk.com
plantlife.org.uk



WILD TEA RECIPE

Rose hip Tea

Ingredients:

A small handful of fresh rose hips
(or 1 ½ tablespoons of dried rose hips)
1 cup (250 ml) of freshly boiled water
Optional: honey or lemon to taste

Instructions:

Prepare the rose hips
If using fresh rose hips, first remove any stems or leaves, rinse a small handful and crush or chop them to help release their flavor.
If using dried rose hips, measure out 1 ½ tablespoons.

Boil water
Bring water to a boil, then let it cool for about 30 seconds.

Steep
Place the rose hips in a teapot or cup.
Pour hot water over the leaves.
Cover and steep for 5–10 minutes.



Strain and serve
Strain the rose hips out.
Add a touch of honey or lemon if desired.

Enjoy warm or chilled
This tea can be enjoyed hot or cold. It makes a refreshing iced tea!

A Note on Foraging

Pick wisely
Rose hips picked after the first frost are best — they are sweeter and softer.

Know what you're picking
Only harvest what you're sure of. Do your research first.

Share with the land
Leave plenty for wildlife, the plant itself, and fellow foragers.

Learn more from trusted sources:
woodlandtrust.org.uk
wildfooduk.com
plantlife.org.uk

