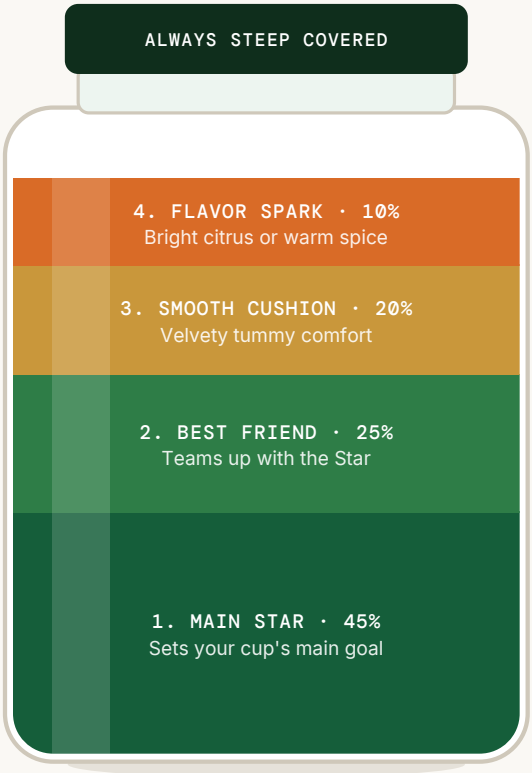
COMPLIMENTARY KITCHEN FIELD GUIDE

FRUIT UP HERB UNIVERSITY

Coach Bobby Smith's plain-English kitchen apothecary: learn 90 traditional herbs, master 42 signature concoctions, and mix your own safe, delicious cups at home.

- **90 Plain-English Single Herbs**
  Exact 1-mug & 1-quart kitchen amounts, plant parts, and taste notes.
- **42 Signature 4-Part Concoctions**
  Coach Bobby's balanced Star + Friend + Cushion + Spark recipes.
- **Two-Step Root + Leaf Brewing**
  Simmer woody roots covered first, then steep delicate leaves off-heat.
- **Fresh-Pressed Juice Smoothie Law**
  Blend sea moss gel into fresh fruit juice, never plain water or dairy.
- **Doctor & Pharmacist First 100%**
  Plain-English medication, kidney, thyroid, and pregnancy check notes.



EDUCATIONAL KITCHEN GUIDE · YOUR DOCTOR'S ORDERS ALWAYS WIN 100%

By Coach Bobby Smith (Fruit Up with Bobby Smith LLC). Statements in this guide have NOT been evaluated by the FDA and are NOT intended to diagnose, treat, cure, or prevent any disease. Always review every herb and tea amount with your physician and pharmacist before steeping, especially with dialysis, kidney or liver care, transplant medicines, pregnancy, nursing, blood thinners, thyroid, blood pressure, or blood sugar prescriptions.

WELCOME TO YOUR KITCHEN APOTHECARY

PLAIN-ENGLISH HERBS FOR EVERYDAY FAMILY KITCHENS

Welcome to Fruit Up Herb University! I built this complimentary Kitchen Field Guide so you never feel intimidated walking down the tea or bulk-herb aisle again. You do not need fancy Latin speeches or twenty random bags on your counter to make a great cup of tea at home.

Inside these pages, you will learn how to respect the plant part (simmering tough roots like soup broth and steeping soft leaves with the burner off), how to balance 4 simple roles in a mason jar, and how your morning mineral cups and evening porch teas fit right alongside living fruit before 5:00 PM.

Most importantly, we keep safety first in this house. Real herbs contain real active compounds, minerals, and plant oils. Read our safety box below, check every ingredient with your doctor and pharmacist before steeping, and use our interactive Kitchen Mixer & Steep Timer anytime at herbs.fruitupwithbobbysmith.com.



COACH BOBBY SMITH

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Five Non-Negotiable Safety Checkpoints Before You Steep:

- Dialysis & Pre-Dialysis Kidney Care: Hold sea moss, bladderwrack, kelp, nettle, dandelion, horsetail, and strong laxative herbs unless your nephrologist signs off.
- Organ Transplant Medicines: Never steep concentrated herbal teas alongside anti-rejection prescriptions without direct transplant-team clearance.
- Pregnancy & Nursing: Skip bitter movers, emmenagogue herbs, soursop, cerasee, senna, cascara, and licorice root unless your OB or midwife approves.
- Blood Thinners, Heart, Thyroid & Diabetes Meds: Warming spices, seaweeds (iodine), licorice root, and bitter roots can shift medication levels, INR, blood pressure, or glucose.
- Mucilage Pill Spacing: Separate slippery elm, marshmallow root, and Irish moss drinks by 1 to 2 hours from oral prescription pills so absorption is not slowed down.

WHAT ARE YOU LOOKING FOR TODAY? · THE 12 KITCHEN GOALS

01 **Morning Spark** Earthy mineral mugs with zero coffee jitters	02 **Sea & Root Minerals** Sea moss gels, nettle jars & deep roots	03 **Happy Light Tummy** Mint, fennel, ginger & silky tummy cushions
04 **After-Dinner Ease** Warm aromatic sips after your 5:00 PM meal	05 **Gentle Daily Rhythm** Buffered traditional bitters & smooth movers	06 **Crisp Kitchen Steam** Mullein, thyme, elderberry & citrus steam cups
07 **Cozy Throat Coat** Cold-soaked marshmallow root, licorice &	08 **Lightness & Daily Flow** Crisp hibiscus, cleavers, red clover & lemon	09 **2:00 PM Clear Head** Lion's mane, rosemary, tulsi & bright mint
10 **Walk & Move Stamina** Beet root, maca, cordyceps & island spices	11 **Warming Golden Spices** Turmeric, ginger, Ceylon cinnamon & cracked	12 **Porch Unwind After 5** Chamomile, lemon balm, passionflower &

COACH BOBBY'S 6 KITCHEN HERB RULES

01 Leaves vs. Roots: The Tea Bag vs. Soup Pot Rule

Soft leaves and flower petals give up their flavor fast in hot water with the burner turned OFF. Tough woody roots, barks, seeds, and mushrooms lock their goodness inside dense fibers, so simmer them gently on low with a lid for 20 to 25 minutes.

Rule: Soft parts steep with the burner off. Woody parts simmer gently with the lid on.

02 Coach Bobby's Two-Step Secret (Mixing Roots + Leaves)

What happens when your favorite recipe uses BOTH ginger or burdock root AND delicate peppermint or chamomile? Never boil them together! Simmer the roots first for 20 minutes, turn OFF the heat, drop in your leaves, and cover for 12 minutes.

Rule: Our Concoction Mixer detects root + leaf combos automatically and runs a 2-step timer for you.

03 Always Cover Your Mug (Keep the Good Aroma Inside)

That fragrant steam rising off an uncovered cup of peppermint, chamomile, or lemon balm is actually the plant's delicate aromatic oils floating into your kitchen ceiling. Put a small saucer or mason jar lid over your cup while it steeps, then pour the lid drips right back in.

Rule: Cover every steep for 12 to 15 minutes so the goodness stays in your cup.

04 The Easy 4-Part Concoction Formula

Great herbalists rarely throw 15 random herbs in one pot. Instead, balance 4 easy roles: 1 Main Star (45%), 1 Best Friend (25%), 1 Smooth Cushion like marshmallow or fennel so your tummy feels great (20%), and 1 Flavor Spark like ginger, cinnamon, or key lime peel (10%).

Rule: Star + Friend + Cushion + Spark makes balanced, great-tasting kitchen teas every single time.

05 How Herbs Fit Your Fruit Up Til 5 Rhythm

Keep your daytime simple: warm mineral cup in the morning if you like, living high-water fruit and fresh-pressed juice smoothies until 5:00 PM, and cozy caffeine-free herbal mugs on the porch in the evening. When blending sea moss gel into a Fruit Up smoothie, always use fresh-pressed juice (orange, pineapple, apple, or watermelon), never plain water or dairy!

Rule: Fresh-pressed juice for smoothies before 5:00 PM; pure spring water for steeped herbal teas.

06 Your Doctor & Pharmacist Always Lead 100%

Plants are real and active! Sea botanicals carry natural potassium and iodine, warming spices can interact with blood thinners, and certain roots shift blood pressure or blood sugar. Tap your personal care filters at the top of this page and bring our 1-Tap Ingredient Check Card to your doctor or pharmacist before trying any new herb.

Rule: Clinician orders always win 100% of the time. When in doubt, print or copy the Ingredient Check Card first.

THE 4-PART MASON JAR SPOON CHART + FRESH-PRESSED JUICE SMOOTHIE LAW

Concoction Role	Share	1 Mug (10 oz)	1 Quart Jar (32 oz)	7-Day Dry Jar Premix
1. Main Star (Sets the goal)	45%	2 tsp	2 tbsp	1/2 cup
2. Best Friend (Supports Star)	25%	1 tsp	1 tbsp	1/4 cup
3. Smooth Cushion (Velvet body)	20%	1 tsp	1 tbsp	3 tbsp
4. Flavor Spark (Aroma & taste)	10%	1/2 tsp	1.5 tsp	1.5 tbsp

NON-NEGOTIABLE SMOOTHIE LAW ("Fresh pressed juice, never water"): Pure spring water is for steeped herbal teas and soaking sea moss. When blending sea moss gel into a Fruit Up smoothie, ALWAYS use fresh-pressed orange, pineapple, apple, or watermelon juice (or pure coconut water), NEVER plain water and NEVER dairy!

MORNING MINERAL & ROOT FOUNDATIONS

CONCOCTION 01 OF 42 · SEA MOSS GEL (BLEND COOLED TEA) (25 MIN) · SMOOTHIE GEL (FRESH JUICE BASE ONLY)

Golden Sunrise Sea Moss Gel

Silky ocean gel meets bright lime, green moringa, and morning ginger for fresh-pressed juice blends.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · blend] Gold Sea Moss
`1 Mug: 2 tbsp prepared gel | 1 Quart: 1/2 cup packed dry moss (yields 1 quart gel)`
Gives the smoothie gel its silky spoonable body and ocean mineral base without a heavy sea taste.

[Best Friend · blend] Moringa Leaf
`1 Mug: 1/2 tsp powder | 1 Quart: 2 tsp powder`
Brings vibrant green leaf nourishment that pairs seamlessly with citrus and tropical juice.

[Cushion · steep] Key Lime Peel
`1 Mug: 1/2 tsp dried peel | 1 Quart: 2 tsp dried peel`
Rinses and brightens the sea moss soak so the finished gel smells like fresh sunshine instead of the beach.

[Spark · blend] Ginger Root
`1 Mug: 1/2 tsp grated fresh ginger | 1 Quart: 2 tsp grated fresh ginger`
Wakes up your taste buds and adds cozy morning warmth to every fresh-juice blend.

Coach Bobby's Tip: Keep a clean glass jar of this gel in your fridge for up to 2 weeks. Every morning before 5 PM, drop 1 to 2 tbsp into fresh-pressed orange, pineapple, apple, or watermelon juice in your blender: never plain water and never dairy!

Gold Sea Moss softens into a mild, velvety gel that disappears right into fresh-pressed fruit juice. Adding Key Lime Peel to the soak keeps the aroma crisp, Moringa brings everyday green leaf richness, and Ginger gives your morning juice blend a lively spark. Flavor: Silky smooth with bright lime zest, a gentle green tea lift, and a warm ginger kick.

HOW TO BREW IT:

1. Rinse the dried Gold Sea Moss well in cool spring water to clear away sea salt and grit.
2. Place the rinsed moss in a bowl with spring water and the Key Lime Peel, cover, and soak on the counter for 8 to 12 hours until plump and soft.
3. Drain the soaking water, discard the lime peel, and add the plumped moss to your blender with fresh spring water (about 1.5 cups water per 1/2 oz soaked moss), Moringa Leaf, and Ginger Root.
4. Blend on high for 60 to 90 seconds until completely silky, pour into a 32 oz glass mason jar, and chill 2 hours to set.
5. To serve: blend 1 to 2 tbsp of gel into fresh-pressed orange, pineapple, apple, or watermelon juice, NEVER plain water and NEVER dairy.

Safety & Doctor Check: Sea moss carries natural iodine and potassium, and moringa plus ginger can interact with thyroid, blood sugar, blood pressure, or blood-thinning routines. Check with your doctor and pharmacist before making this a daily habit, especially if you are pregnant, nursing, or take prescriptions.

CONCOCTION 02 OF 42 · SEA MOSS GEL (BLEND COOLED TEA) (40 MIN) · SMOOTHIE GEL (FRESH JUICE BASE ONLY)

Deep Purple Ocean & Spirulina Gel

Two classic sea botanicals steeped with tart hibiscus and spirulina for your post-workout fruit juice blend.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · blend] Purple Sea Moss
`1 Mug: 2 tbsp prepared gel | 1 Quart: 1/2 cup packed dry moss (yields 1 quart gel)`
Delivers bold ocean character and thick, velvety gel texture built for post-walk fruit smoothies.

[Best Friend · simmer] Bladderwrack
`1 Mug: 1/2 tsp cut fronds | 1 Quart: 2 tsp cut fronds`
Simmers into a mineral-rich sea tea that replaces plain blending water for double sea-botanical depth.

[Cushion · steep] Hibiscus Petal
`1 Mug: 1 tsp petals | 1 Quart: 1 tbsp petals`
Steeps off-heat in the Bladderwrack tea to add juicy tartness and tame the earthy sea aroma.

[Spark · stir] Spirulina
`1 Mug: 1/4 tsp powder | 1 Quart: 1 tsp powder`
Stirs in after blending to give your jar a jewel-toned boost of deep green water-botanical power.

Coach Bobby's Tip: Do not boil the Spirulina or drop it in piping hot tea. Let your Bladderwrack and Hibiscus tea cool to warm before blending your Purple Sea Moss, and stir Spirulina in at the very end so the ocean-emerald color pops. Always blend this gel into fresh-pressed pineapple, orange, apple, or watermelon juice, never water or dairy!

Instead of blending Purple Sea Moss with plain water, we use a two-stage Bladderwrack and Hibiscus tea as the liquid base, then stir in cool Spirulina at the finish. Blended into fresh-pressed pineapple or orange juice, it tastes bright, fruity, and deeply refreshing. Flavor: Rich berry-tart hibiscus upfront, deep ocean minerals underneath, and a crisp green finish.

HOW TO BREW IT:

1. Rinse the Purple Sea Moss thoroughly in cool spring water and soak covered for 8 to 12 hours until soft and expanded, then drain.
2. In a small saucepan, simmer Bladderwrack in 2 cups of spring water covered for 15 minutes, then turn off the burner.
3. Drop the Hibiscus Petals into the hot Bladderwrack tea, cover for 10 minutes, strain into a measuring cup, and let it cool until just lukewarm.
4. Blend the soaked Purple Sea Moss with the cooled ruby tea until smooth, then stir in the Spirulina by hand or pulse briefly so it stays vivid.
5. Pour into a 32 oz jar to chill. Scoop 1 to 2 tbsp into fresh-pressed pineapple, watermelon, orange, or apple juice smoothies, NEVER plain water and NEVER dairy.

Safety & Doctor Check: This blend stacks two iodine-rich sea botanicals with spirulina and hibiscus. Please check with your doctor and pharmacist before using if you are pregnant, nursing, avoiding high iodine or potassium, or taking thyroid, blood pressure, blood sugar, immune, or blood-thinning medications.

CONCOCTION 03 OF 42 · COVERED LOW SIMMER (25 MIN) · MORNING CUP (BEFORE FIRST FRUIT)

Coach Bobby's Morning Root Roast

Caffeine-free, toasty, coffee-style morning cup with warm cinnamon and sweet fennel comfort.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Roasted Dandelion Root
`1 Mug: 1 tbsp roasted root | 1 Quart: 4 tbsp (1/4 cup) roasted root`
Brings bold, coffee-like roasted richness without a drop of caffeine.

[Best Friend · simmer] Burdock Root
`1 Mug: 1 tsp cut root | 1 Quart: 1 tbsp + 1 tsp cut root`
Rounds out the roast with smooth, earthy sweetness and grounded morning body.

[Cushion · simmer] Sweet Fennel Seed
`1 Mug: 1/2 tsp whole seeds | 1 Quart: 2 tsp whole seeds`
Softens the bitter roast edge and leaves your belly feeling light and comfortable.

[Spark · simmer] Ceylon Cinnamon
`1 Mug: 1/2 tsp chipped bark | 1 Quart: 2 tsp chipped bark`
Adds warm bakery spice aroma that makes your whole kitchen smell like morning comfort.

Coach Bobby's Tip: If you want a rich, dark morning mug before your first bowl of fruit without reaching for a jittery cup of coffee, keep a jar of pre-measured Roasted Dandelion and Burdock right next to your kettle. Reheat leftovers gently on the stove for an effortless second cup!

Simmering dense roots covered in a pot unlocks deep, cozy flavor that a quick tea bag dip never reaches. Roasted Dandelion and Burdock give you that satisfying morning ritual mug, while Sweet Fennel and Ceylon Cinnamon make every sip smooth and inviting. Flavor: Toasty, cocoa-warm, subtly sweet fennel finish with a cozy cinnamon hug.

HOW TO BREW IT:

1. Add Roasted Dandelion Root, Burdock Root, Sweet Fennel Seed, and Ceylon Cinnamon to a small pot with 12 oz water for 1 mug (or 40 oz water for a 32 oz mason jar, to allow for gentle steam).
2. Bring just to a lively simmer, then immediately turn the heat to low and cover tightly with a lid.
3. Simmer gently covered for 20 minutes so the dense roots and seeds release their full roasted flavor.
4. Turn off the heat, strain through a fine-mesh strainer into your mug or 32 oz mason jar, and enjoy warm before your morning fruit.

Safety & Doctor Check: Roots like dandelion and burdock have natural diuretic activity and can shift blood sugar, potassium, or blood pressure routines. Check with your doctor and pharmacist first if you are pregnant, nursing, or taking water pills, blood thinners, or daily prescriptions.

CONCOCTION 04 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (35 MIN) · DAYTIME SIPPER (WITH LIVING FRUIT)

Iron-Earth Root & Berry Leaf

Old-school two-stage root simmer finished with smooth Red Raspberry Leaf for steady afternoon energy.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Sarsaparilla Root
`1 Mug: 2 tsp cut root | 1 Quart: 2 tbsp + 2 tsp cut root`
Lays down a smooth, old-fashioned root-beer-like earthiness that anchors the whole pot.

[Best Friend · simmer] Yellow Dock Root
`1 Mug: 1 tsp cut root | 1 Quart: 1 tbsp + 1 tsp cut root`
Pairs with Sarsaparilla as a classic dark-earth root partner for steady midday mineral support.

[Cushion · steep] Red Raspberry Leaf
`1 Mug: 1 tbsp dried leaf | 1 Quart: 1/4 cup dried leaf`
Steeps off the heat at the end to give a clean, black-tea-like smoothness that softens the deep roots.

[Spark · simmer] Ginger Root
`1 Mug: 1 tsp dried or fresh sliced ginger | 1 Quart: 1 tbsp + 1 tsp sliced ginger`
Simmers with the roots to wake up the flavor and keep your midday cup lively and warming.

Coach Bobby's Tip: Keep the lid on during both the root simmer and the leaf steep! That lid traps all the warm ginger aroma and delicate raspberry leaf goodness right inside your pot instead of letting it float away in kitchen steam.

Tough roots need a covered simmer to open up, while delicate Red Raspberry Leaf turns harsh if you boil it. By simmering the roots first and steeping the leaf off-heat, you get a delicious, naturally smooth cup with zero bitterness. Flavor: Woodsy vanilla-root warmth balanced by crisp berry-leaf tea and a bright ginger zing.

HOW TO BREW IT:

1. Place Sarsaparilla Root, Yellow Dock Root, and Ginger Root into a saucepan with 12 oz water for 1 mug (or 40 oz water for a 32 oz jar).
2. Bring to a gentle simmer, clamp on a tight lid, turn the heat to low, and simmer the roots covered for 20 minutes.
3. Turn the burner completely OFF, then drop in the Red Raspberry Leaf and put the lid right back on.
4. Let the leaves steep off the heat for 12 minutes so you pull out silky leaf flavor without any harsh bitterness, then strain and pour.

Safety & Doctor Check: Yellow Dock can gently stimulate bowel movement, and Red Raspberry Leaf plus Sarsaparilla carry traditional pregnancy cautions. Always talk with your doctor and pharmacist first if you are pregnant, nursing, sensitive to laxative herbs, or taking blood thinners or daily medications.

CONCOCTION 05 OF 42 · COVERED STEEP (BURNER OFF) (480 MIN) · MORNING CUP (BEFORE FIRST FRUIT)

Overnight Green Mineral Mason Jar

Set-it-and-sleep-on-it 32 oz mason jar infusion packed with lush green garden leaves and cool mint.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Stinging Nettle Leaf
`1 Mug: 1 tbsp dried leaf | 1 Quart: 1/3 cup dried leaf`
Forms the deep green mineral backbone of your overnight jar infusion.

[Best Friend · steep] Oatstraw
`1 Mug: 1 tbsp dried oatstraw | 1 Quart: 1/3 cup dried oatstraw`
Adds silky, comforting creaminess that balances Nettle's brisk green edge.

[Cushion · steep] Red Raspberry Leaf
`1 Mug: 1 tsp dried leaf | 1 Quart: 2 tbsp dried leaf`
Brings familiar tea-like body so the green infusion drinks smoothly cup after cup.

[Spark · steep] Peppermint Leaf
`1 Mug: 1/2 tsp dried leaf | 1 Quart: 1 tbsp dried leaf`
Lifts the earthy garden greens with bright, refreshing mint aroma right from the first sip.

Coach Bobby's Tip: Make this right before you brush your teeth at night. Set your 32 oz mason jar on the counter while you sleep, strain it in the morning, and drink half before your morning fruit and half over ice with a squeeze of fresh lemon!

A quick 5-minute steep barely scratches the surface of mineral-dense leaves like Nettle and Oatstraw. Letting them soak overnight in a sealed mason jar turns plain water into a velvety, emerald-green daily nourishment ritual ready the moment you wake up. Flavor: Lush garden-green, mildly sweet oat flavor with a crisp, cooling peppermint breeze.

HOW TO BREW IT:

1. Add Stinging Nettle Leaf, Oatstraw, Red Raspberry Leaf, and Peppermint Leaf to a heat-safe 32 oz mason jar (or use the cup amounts in a 12 oz mug with a saucer on top).
2. Fill the jar slowly with just-boiled water right up to the shoulder, give it a gentle stir with a wooden spoon, and screw the lid on snug.
3. Let it rest on the kitchen counter overnight (6 to 8 hours) while you sleep so the leaves slowly share all their green richness.
4. In the morning, strain through a fine-mesh strainer, pressing the wet leaves with the back of a spoon, and enjoy chilled or gently warmed.

Safety & Doctor Check: Nettle and Red Raspberry Leaf are rich in potassium and plant vitamin K, and oatstraw is sometimes processed near grains. Check with your doctor and pharmacist first if you are pregnant, nursing, watching potassium, avoiding gluten cross-contact, or taking blood thinners, water pills, or blood pressure medications.

CONCOCTION 06 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (35 MIN) · 2:00 PM STEADY CUP

Tide-to-Garden Mineral Broth Tea

Savory ocean kelp meets simmered horsetail and sweet garden alfalfa in a two-stage afternoon broth cup.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Horsetail (Shavegrass)
`1 Mug: 1 tsp cut herb | 1 Quart: 1 tbsp + 1 tsp cut herb`
Tough, silica-rich stems need a gentle covered simmer to unlock their clean mineral finish.

[Best Friend · simmer] Atlantic Kelp
`1 Mug: 1/2 tsp dried kelp granules or flakes | 1 Quart: 2 tsp dried kelp granules or flakes`
Lends savory ocean warmth and trace sea minerals that anchor the broth-like sip.

[Cushion · steep] Alfalfa Leaf
`1 Mug: 1 tsp dried leaf | 1 Quart: 1 tbsp + 1 tsp dried leaf`
Steeps off the heat at the finish to keep its sweet hay-like green notes fresh and gentle.

[Spark · simmer] Sweet Fennel Seed
`1 Mug: 1/2 tsp whole seeds | 1 Quart: 2 tsp whole seeds`
Sweetens the savory kelp aroma and helps your tummy feel calm and settled in the afternoon.

Coach Bobby's Tip: supports everyday comfort with this like a cozy afternoon mug of savory garden broth rather than a sweet dessert tea. A tiny pinch of sea salt or a squeeze of fresh lemon makes the Atlantic Kelp and Horsetail taste like a warm kitchen soup!

Horsetail stalks and Atlantic Kelp need gentle simmering heat to share their mineral richness, while Alfalfa Leaf prefers a calm off-heat steep. Combining both stages gives you a clean, savory afternoon cup that feels like a light vegetable broth. Flavor: Savory ocean-broth depth brightened by sweet garden fennel and fresh grassy alfalfa.

HOW TO BREW IT:

1. Put Horsetail, Atlantic Kelp, and Sweet Fennel Seed in a small pot with 12 oz water for 1 mug (or 40 oz water for a 32 oz jar).
2. Bring to a gentle simmer, cover tightly with a lid, and simmer on low for 18 minutes.
3. Turn off the burner, stir in the delicate Alfalfa Leaf, and put the lid back on right away.
4. Steep off the heat for 12 minutes, strain well through a fine strainer, and sip warm like a soothing afternoon mineral broth.

Safety & Doctor Check: This tea combines iodine-rich kelp with diuretic horsetail and vitamin-K-rich alfalfa. Check with your doctor and pharmacist before drinking if you are pregnant, nursing, watching thyroid or kidney health, or taking blood thinners, immune medications, or daily prescriptions, and enjoy horsetail in periodic cycles rather than nonstop.

CONCOCTION 07 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (35 MIN) · EVENING PORCH MUG (AFTER 5:00 PM)

Moonlit Oat & Burdock Wind-Down

Two-stage evening hug pairing simmered burdock and cinnamon with steeped oatstraw and chamomile.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Oatstraw
`1 Mug: 1 tbsp dried oatstraw | 1 Quart: 1/4 cup dried oatstraw`
Brings velvety, calming nourishment that helps wind down a busy day.

[Best Friend · simmer] Burdock Root
`1 Mug: 1 tsp cut root | 1 Quart: 1 tbsp + 1 tsp cut root`
Simmers first to add gentle, grounding earth sweetness after dinner.

[Cushion · steep] German Chamomile
`1 Mug: 1 tsp whole flowers | 1 Quart: 1 tbsp + 1 tsp whole flowers`
Floats in off-heat with soft, honey-apple floral notes that invite evening calm.

[Spark · simmer] Ceylon Cinnamon
`1 Mug: 1/2 tsp chipped bark | 1 Quart: 2 tsp chipped bark`
Simmers alongside the Burdock Root to wrap the whole mug in gentle evening warmth.

Coach Bobby's Tip: After 5 PM when your fruit window wraps up, this warm mug is your cue to slow down. Sip it slowly on the couch while your body settles in for the night!

Simmering Burdock Root and Ceylon Cinnamon first builds a warm, grounding base, and steeping Oatstraw and Chamomile off the heat keeps the flowers soft and honey-sweet instead of bitter. It is the ideal after-5-PM kitchen ritual when you want cozy warmth without caffeine. Flavor: Cozy baked-apple chamomile, silky golden oat, warm cinnamon, and grounded earthy root.

HOW TO BREW IT:

1. Add Burdock Root and Ceylon Cinnamon to a saucepan with 12 oz water for 1 mug (or 40 oz water for a 32 oz mason jar).
2. Bring to a gentle simmer, cover with a tight lid, and simmer on low for 18 minutes.
3. Turn off the burner, drop in the Oatstraw and German Chamomile flowers, and cover immediately.
4. Steep off the heat for 12 minutes so the delicate chamomile blossoms stay sweet and floral, then strain and sip warm after 5 PM.

Safety & Doctor Check: Burdock and chamomile can interact mildly with blood thinners, blood sugar routines, or ragweed-family allergies, and oatstraw may carry trace grain cross-contact. Check with your doctor and pharmacist before enjoying nightly if you are pregnant, nursing, or taking prescription medications.

POST-MEAL EASE & GENTLE TUMMY RESETS

CONCOCTION 08 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (27 MIN) · EVENING PORCH MUG (AFTER 5:00 PM)

After-Dinner Smooth Talker

Cozy two-stage post-meal tea that settles a heavy supper without feeling harsh.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Artichoke Leaf
`1 Mug: 1 tsp dried leaf | 1 Quart: 1 tbsp dried leaf`
Brings a clean, crisp kitchen bitter nudge to help heavy meals settle easily.

[Best Friend · simmer] Sweet Fennel Seed
`1 Mug: 1 tsp lightly crushed seeds | 1 Quart: 1 tbsp lightly crushed seeds`
Adds classic sweet pantry warmth that keeps tight, bubbly tummies feeling relaxed.

[Cushion · steep] Meadowsweet
`1 Mug: 1 tsp dried tops | 1 Quart: 1 tbsp dried tops`
Cushions the bitter leaf with a gentle, honey-smooth blanket for your belly.

[Spark · simmer] Fresh Ginger Root
`1 Mug: 3 thin fresh slices (about 1 tsp) | 1 Quart: 1 tbsp sliced fresh root`
Fires up cozy kitchen warmth and ties the sweet and bitter notes together.

Coach Bobby's Tip: Sip this warm after a hearty dinner while taking an easy 10-minute walk around the house or yard. Lightly crushing the fennel seeds with the flat of a butter knife wakes up all their sweet kitchen oils.

When you simmer the warming ginger and fennel first and drop the delicate artichoke leaf and meadowsweet in off-heat, you get balanced bitter support cushioned in soft, sweet comfort. Flavor: Warm ginger heat, sweet fennel brightness, crisp bitter finish, and soft meadow honey notes.

HOW TO BREW IT:

1. Add Fresh Ginger Root slices and lightly crushed Sweet Fennel Seed to a small pot with water (10 oz for a mug, 34 oz for a quart).
2. Bring to a gentle simmer, cover with a lid, and simmer on low for 15 minutes.
3. Turn off the burner completely, drop in the Artichoke Leaf and Meadowsweet, and put the lid right back on.
4. Let the leaves steep off-heat for 12 minutes, strain into your mug or mason jar, and enjoy warm.

Safety & Doctor Check: Meadowsweet contains natural aspirin-like plant compounds, and ginger plus fennel can interact with blood-thinning or blood-pressure routines. Skip if sensitive to aspirin, pregnant, or nursing, and check with your doctor and pharmacist first.

CONCOCTION 09 OF 42 · COOL MASON JAR SOAK (120 MIN) · DAYTIME SIPPER (WITH LIVING FRUIT)

Cool Silk Belly Blanket

Cold-soaked mucilage comfort drink with sweet mint and cardamom for an ultra-calm belly.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Marshmallow Root
`1 Mug: 1 tbsp cut dried root | 1 Quart: 3 tbsp cut dried root`
Cold-soaks into a rich, silky liquid blanket that feels wonderfully calm going down.

[Best Friend · stir] Slippery Elm Inner Bark
`1 Mug: 1/2 tsp inner bark powder | 1 Quart: 1.5 tsp inner bark powder`
Whisks in smooth at the end for extra velvety body that coats and comforts.

[Cushion · steep] Spearmint Leaf
`1 Mug: 1 tsp dried leaf | 1 Quart: 1 tbsp dried leaf`
Delivers gentle, kid-friendly mint coolness without the sharp bite of stronger mints.

[Spark · steep] Green Cardamom Pod
`1 Mug: 2 lightly crushed pods | 1 Quart: 6 lightly crushed pods`
Lifts the cool, creamy texture with an uplifting sweet-spice aroma.

Coach Bobby's Tip: Mix a quart jar at night and let it chill in the fridge so your cool, silky drink is ready right after your morning fruit window. Always keep your water cool or room-temperature so the soothing plant silk stays lush.

Cold water pulls out the thick, slippery comfort from marshmallow root without turning starchy, while whisked slippery elm, gentle spearmint, and fragrant cardamom turn it into a smooth, refreshing daily soother. Flavor: Cool sweet garden mint, soft nutty-vanilla earthiness, and a bright bakery-fresh cardamom finish.

HOW TO BREW IT:

1. Place Marshmallow Root, Spearmint Leaf, and lightly crushed Green Cardamom Pods in a glass jar with cool filtered water (10 oz for a mug, 32 oz for a quart).
2. Cover and cold-soak on the counter for 2 to 4 hours, or overnight in the refrigerator, giving it a gentle shake once or twice.
3. Strain cleanly through a fine-mesh strainer or cheesecloth, pressing the root lightly to release the silky tea.
4. Whisk or shake in the Slippery Elm Inner Bark powder until completely smooth, then sip slowly.

Safety & Doctor Check: The thick, soothing plant silk from marshmallow root and slippery elm can slow down how your body absorbs pills or supplements. Space this drink 1 to 2 hours away from oral medications, skip during pregnancy unless cleared, and check with your doctor and pharmacist first.

CONCOCTION 10 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (30 MIN) · DAYTIME SIPPER (WITH LIVING FRUIT)

Kitchen Gentian Bitter Kick

Traditional bitter root wake-up tea softened with sweet star anise and smooth spearmint.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Gentian Root
`1 Mug: 1/2 tsp dried cut root | 1 Quart: 1.5 tsp dried cut root`
Provides the classic bold kitchen bitter that wakes up lazy post-meal digestion.

[Best Friend · steep] Dandelion Leaf
`1 Mug: 1 tsp dried leaf | 1 Quart: 1 tbsp dried leaf`
Pairs crisp green mineral nourishment with natural fluid-moving balance.

[Cushion · steep] Spearmint Leaf
`1 Mug: 1.5 tsp dried leaf | 1 Quart: 1.5 tbsp dried leaf`
Softens gentian's bold edge with sweet, easy-drinking garden freshness.

[Spark · simmer] Star Anise
`1 Mug: 1 whole star pod | 1 Quart: 3 whole star pods`
Brings sweet, cozy licorice warmth so every sip tastes balanced and inviting.

Coach Bobby's Tip: Bitters work best when you actually taste a little bit of that crisp bitterness on your tongue, so skip the heavy sweeteners. If you are new to gentian, start with a half-cup 15 minutes before or right after a meal.

Simmering the tough gentian root and star anise first builds a warm, sweet-bitter base, and steeping dandelion and spearmint off the heat keeps the greens bright and smooth instead of muddy. Flavor: Deep earthy bitter front note rounded out fast by sweet licorice spice and cool spearmint.

HOW TO BREW IT:

1. Add Gentian Root and whole Star Anise pods to a pot with water (10 oz for a single mug, 34 oz for a quart).
2. Bring to a low simmer, cover tightly, and simmer for 20 minutes so the tough roots and pods give up their goodness.
3. Turn off the burner, add the Dandelion Leaf and Spearmint Leaf, and cover again immediately.
4. Steep off the heat for 10 minutes, strain into your cup, and sip warm or over ice.

Safety & Doctor Check: Gentian is a strong traditional bitter and dandelion leaf is naturally potassium-rich and fluid-moving. Avoid during pregnancy or nursing, use extra care if your stomach feels overly acidic, and check with your doctor and pharmacist first, especially if on blood pressure, water-pill, or blood-sugar meds.

CONCOCTION 11 OF 42 · COVERED STEEP (BURNER OFF) (12 MIN) · 2:00 PM STEADY CUP

Minty Breeze Post-Meal Cup

Brisk, covered hot infusion for quick afternoon bloat relief and post-lunch clarity.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Peppermint Leaf
`1 Mug: 1 tsp dried leaf | 1 Quart: 1 tbsp dried leaf`
Brings a brisk, cooling breeze that helps a tight, gassy belly feel roomy again.

[Best Friend · steep] Dandelion Leaf
`1 Mug: 1 tsp dried leaf | 1 Quart: 1 tbsp dried leaf`
Adds gentle afternoon bitter-green support and light water-balance movement.

[Cushion · steep] German Chamomile
`1 Mug: 1 tsp dried whole flowers | 1 Quart: 1 tbsp dried whole flowers`
Wraps the brisk mint in classic apple-soft floral calm for fussy afternoons.

[Spark · steep] Sweet Fennel Seed
`1 Mug: 1/2 tsp lightly crushed seeds | 1 Quart: 1.5 tsp lightly crushed seeds`
Rounds off the mint and flowers with natural sweetness and aromatic tummy ease.

Coach Bobby's Tip: Always put a saucer or lid over your mug while it steeps! That traps the cool mint and fennel aromas right inside your cup instead of letting them float away in the steam.

No simmering needed here: covered boiling water unlocks the cooling oils in peppermint and crushed fennel while chamomile and dandelion leaf keep the cup light, smooth, and refreshing. Flavor: Crisp cooling peppermint, apple-sweet chamomile, light green tea-like earthiness, and sweet fennel finish.

HOW TO BREW IT:

1. Lightly bruise the Sweet Fennel Seeds with the back of a spoon and place them in a mug or quart jar with Peppermint Leaf, Dandelion Leaf, and German Chamomile.
2. Pour freshly boiled water over the herbs (8-10 oz for a mug, 32 oz for a quart).
3. Cover tightly with a lid or saucer to keep the delicate mint and fennel oils inside.
4. Steep for 12 minutes, strain cleanly, and sip warm after lunch or afternoon fruit.

Safety & Doctor Check: If peppermint makes your chest feel warm after meals, swap in Spearmint Leaf instead, and skip chamomile if sensitive to ragweed-family plants. Check with your doctor and pharmacist first if you take statins, blood-thinners, water pills, or blood-sugar medications.

CONCOCTION 12 OF 42 · COVERED LOW SIMMER (23 MIN) · 2:00 PM STEADY CUP

Golden Cardamom & Thistle Simmer

Caffeine-free nutty chai-style root and seed simmer for grounded, comfortable digestion.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Milk Thistle Seed
`1 Mug: 1 tsp lightly crushed seeds | 1 Quart: 1 tbsp lightly crushed seeds`
Offers a rich, nutty seed base loved for steady, grounded post-meal support.

[Best Friend · simmer] Gentian Root
`1 Mug: 1/4 tsp dried cut root | 1 Quart: 1 tsp dried cut root`
Adds just enough crisp bitter lift to keep rich meals feeling light.

[Cushion · simmer] Ceylon Cinnamon
`1 Mug: 1/2 tsp broken cinnamon chips | 1 Quart: 1.5 tsp broken cinnamon chips`
Sweetens and warms the earthy bitter base naturally with zero added sugar.

[Spark · simmer] Green Cardamom Pod
`1 Mug: 2 lightly crushed pods | 1 Quart: 6 lightly crushed pods`
Fills the kitchen with bakery-chai brightness and comforting spice warmth.

Coach Bobby's Tip: Whisk your milk thistle seeds in a clean coffee grinder for two quick pulses right before simmering so the water can reach the nutty inner seed. Make a full quart and reheat a mug over the next two days.

All four ingredients are sturdy seeds, roots, and barks that thrive in a covered 20-minute simmer, blending nutty milk thistle and sweet Ceylon cinnamon with cardamom and a whisper of gentian. Flavor: Toasty nutty seed body, bold earthy gentian backbone, sweet cinnamon bark, and bright cardamom spice.

HOW TO BREW IT:

1. Coarsely crush the Milk Thistle Seeds and Green Cardamom Pods in a mortar or with the side of a knife.
2. Combine the crushed seeds, cardamom, Gentian Root, and Ceylon Cinnamon chips in a saucepan with cold water (10 oz for a mug, 34 oz for a quart).
3. Bring to a gentle simmer, cover with a tight lid, and cook on low heat for 20 minutes.
4. Turn off the heat, let settle for 3 minutes, strain through a fine mesh strainer, and sip warm like a caffeine-free kitchen chai.

Safety & Doctor Check: Milk thistle can change how the body processes several prescription drugs, and cinnamon plus gentian carry blood-sugar and pregnancy cautions. Always check with your doctor and pharmacist before adding this to your routine.

CONCOCTION 13 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (30 MIN) · EVENING PORCH MUG (AFTER 5:00 PM)

Occasional Velvet Bark Mover (Short-Term Adult Cup)

Occasional short-term adult cascara bark blend cushioned with sweet fennel, ginger, and meadowsweet.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Aged Cascara Sagrada Bark
`1 Mug: 1/2 tsp aged dried bark chips | 1 Quart: 1.5 tsp aged dried bark chips`
Provides an occasional short-term adult nudge when daily habits feel backed up.

[Best Friend · simmer] Sweet Fennel Seed
`1 Mug: 1 tsp lightly crushed seeds | 1 Quart: 1 tbsp lightly crushed seeds`
Cushions the strong bark with sweet aromatic oils that keep the belly calm.

[Cushion · steep] Meadowsweet
`1 Mug: 1 tsp dried tops | 1 Quart: 1 tbsp dried tops`
Adds a soft, soothing floral-leaf buffer so the blend never feels sharp or gripy.

[Spark · simmer] Fresh Ginger Root
`1 Mug: 2 thin fresh slices (about 1/2 tsp) | 1 Quart: 2 tsp sliced fresh root`
Warms up the whole cup and helps everything move along smoothly.

Coach Bobby's Tip: Use aged cascara sagrada bark ONLY for occasional adult sluggish days, never as an everyday beverage. Always pair it with sweet fennel, ginger, and a soothing leaf like meadowsweet so the cup feels gentle and rounded.

Stronger movers like aged cascara bark should never travel alone: simmering it with ginger and aromatic fennel seed and finishing with soothing meadowsweet gives you a smooth, cushioned evening cup. Flavor: Woody aged bark, warm ginger spice, sweet fennel lift, and a smooth meadowsweet finish.

HOW TO BREW IT:

1. Place the Aged Cascara Sagrada Bark, lightly crushed Sweet Fennel Seed, and Fresh Ginger Root slices in a pot with water (10 oz for a single mug, 34 oz for a quart).
2. Bring to a gentle simmer, cover with a lid, and simmer low for 20 minutes.
3. Turn off the burner, drop in the Meadowsweet tops, and cover tightly.
4. Steep off-heat for 10 minutes, strain well, and sip one mug in the evening on occasional days only.

Safety & Doctor Check: STRONG CAUTION: Occasional short-term adult use only (no more than a few days at a time, never daily). Not for children, pregnancy, nursing, or anyone sensitive to aspirin due to meadowsweet. Always check with your doctor and pharmacist first, especially if taking heart, fluid, or blood-thinning medications.

CONCOCTION 14 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (27 MIN) · EVENING PORCH MUG (AFTER 5:00 PM)

Occasional Senna & Slippery Silk Cup (Short-Term Adult Blend)

Occasional short-term adult senna leaf tea cushioned with sweet fennel, star anise, and slippery elm silk.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Senna Leaf
1 Mug: 1/2 tsp dried cut leaf | 1 Quart: 1.5 tsp dried cut leaf
Offers an occasional short-term overnight nudge for adults when everyday rhythm stalls.

[Best Friend · simmer] Sweet Fennel Seed
1 Mug: 1 tsp lightly crushed seeds | 1 Quart: 1 tbsp lightly crushed seeds
Classic aromatic seed partner that keeps the tummy settled while senna works.

[Cushion · stir] Slippery Elm Inner Bark
1 Mug: 1/2 tsp inner bark powder | 1 Quart: 1.5 tsp inner bark powder
Whisks in for a velvety mucilage cushion so the cup feels gentle and smooth.

[Spark · simmer] Star Anise
1 Mug: 1 whole star pod | 1 Quart: 3 whole star pods
Adds sweet licorice-style aroma that completely softens senna's grassy taste.

Coach Bobby's Tip: Keep this blend strictly in your occasional-use cabinet for adults only, never your daily mug. Stirring in the slippery elm once the tea cools slightly gives the senna a soft, silky cushion all the way down.

Senna leaf is best kept mild, steeped gently off-heat after simmering aromatic fennel and star anise, then finished with whisked slippery elm so the whole blend feels calm and velvety. Flavor: Sweet star anise warmth, toasted fennel seed, earthy green senna, and a velvety smooth finish.

HOW TO BREW IT:

1. Simmer the lightly crushed Sweet Fennel Seed and whole Star Anise pod covered in water (10 oz for a mug, 34 oz for a quart) for 15 minutes.
2. Turn off the burner, drop in the Senna Leaf, cover tightly, and steep for 10 minutes.
3. Strain cleanly into a mug or jar and let it sit 2 minutes so it cools from piping hot to comfortably warm.
4. Whisk in the Slippery Elm Inner Bark powder until velvety smooth and sip slowly in the evening on occasional nights only.

Safety & Doctor Check: STRONG CAUTION: Occasional short-term adult use only (1 to 2 nights at a time, never daily). Not for children, pregnancy, or nursing. Because slippery elm can block pill absorption, separate oral medications by 1 to 2 hours, and check with your doctor and pharmacist first.

CONCOCTION 15 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (27 MIN) · MORNING CUP (BEFORE FIRST FRUIT)

Velvet Steam Porch Cup

Warm aromatic kitchen steam meets a silky, naturally sweet throat coat.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Mullein Leaf
1 Mug: 1 tbsp | 1 Quart: 1/4 cup
Brings soft, velvety comfort for dry mornings and sets a mellow herbal base.

[Best Friend · steep] Garden Thyme Leaf
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Releases crisp, aromatic kitchen steam that opens up your morning breathing ritual.

[Cushion · simmer] Licorice Root
1 Mug: 1/2 tsp | 1 Quart: 2 tsp
Simmers into a naturally sweet, silky texture that coats the throat with zero added sugar.

[Spark · simmer] Ginger Root
1 Mug: 1/2 tsp | 1 Quart: 2 tsp
Adds bright kitchen warmth that lifts the steam and wakes up the whole mug.

Coach Bobby's Tip: Always pour this cup through a paper coffee filter or tightly woven cloth at the end. Mullein has tiny fuzzy hairs on its leaves that a regular metal mesh strainer can miss, and that extra thirty seconds makes the mug silky smooth.

Simmering the dense roots first pulls out Licorice Root's natural sweet velvet and Ginger's cozy heat, while steeping Mullein and Thyme off the heat keeps the delicate steam oils bright in the pot instead of boiling them away. Flavor: Warm earthy meadow, bright garden thyme, sweet natural licorice finish, and a gentle ginger kick.

HOW TO BREW IT:

1. Add Licorice Root and Ginger Root to a small pot with 12 oz of water for one mug (or 36 oz for a quart mason jar) and cover with a tight lid.
2. Bring to a gentle simmer on low-medium heat and simmer covered for 15 minutes so the roots release their sweetness and warmth.
3. Turn the burner completely off, drop in the Mullein Leaf and Garden Thyme Leaf, and put the lid right back on to trap the aromatic steam.
4. Steep covered for 12 minutes, lifting the lid slowly toward the end to enjoy a few calm breaths of warm herbal steam.
5. Line a mesh strainer with a paper coffee filter or clean muslin cloth and pour slowly into your mug or jar to catch every tiny Mullein hair.

Safety & Doctor Check: Because this cup includes Licorice Root, it can nudge blood pressure upward and affect potassium balance if enjoyed often. Skip or swap the licorice if you watch your blood pressure, are pregnant or nursing, or take heart, blood thinner, steroid, or water pill medications, and check with your doctor and pharmacist first.

CONCOCTION 16 OF 42 · KITCHEN REDUCTION SYRUP (30 MIN) · MORNING CUP (BEFORE FIRST FRUIT)

Coach Bobby's Elderberry Kitchen Syrup

Rich, orchard-spiced berry syrup simmered right on your stove.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Dried Elderberry
1 Mug: 2 tbsp | 1 Quart: 1/2 cup
Builds the rich ruby-purple berry base with classic seasonal pantry comfort.

[Best Friend · simmer] Whole Rosehips
1 Mug: 1 tbsp | 1 Quart: 1/4 cup
Adds bright, tangy fruit notes and vibrant depth alongside the berries.

[Cushion · simmer] Marshmallow Root
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Softens the tart berries with a gentle, throat-coating silkiness.

[Spark · simmer] Ceylon Cinnamon
1 Mug: 1/2 tsp | 1 Quart: 2 tsp
Fills your kitchen with sweet, cozy spice that balances the tart fruit.

Coach Bobby's Tip: Keep a small glass jar of this in the fridge during chilly months. A spoonful stirred into warm water or drizzled over your morning bowl of berries tastes like cozy orchard jam without heavy store-bought additives.

Slow simmering softens the tough skins of elderberries and rosehips so their deep berry flavor blends with cinnamon warmth and marshmallow root smoothness into an easy spoonable kitchen staple. Flavor: Deep jammy dark berry, tart orchard rosehip, warm bakery cinnamon, and a smooth, rounded finish.

HOW TO BREW IT:

1. Combine Dried Elderberry, Whole Rosehips, Marshmallow Root, and Ceylon Cinnamon in a saucepan with 16 oz of water for a small mug batch (or 48 oz of water for a full 32 oz mason jar batch).
2. Bring to a lively boil, then turn down to a steady gentle simmer with the lid slightly cracked for 25 minutes until the liquid reduces by about a third.
3. Mash the softened berries gently with the back of a wooden spoon to press out every drop of dark purple juice.
4. Strain through a fine-mesh sieve into a glass measuring cup or mason jar, pressing the fruit pulp well.
5. Once cooled until comfortably warm to the touch, stir in a little pure maple syrup or raw honey if desired, seal, and store in the fridge for up to two weeks.

Safety & Doctor Check: Always simmer dried elderberries thoroughly rather than eating them raw. Check with your doctor and pharmacist first if you are pregnant, nursing, have an autoimmune concern, or take daily medications, and keep honey away from babies under one year old.

CONCOCTION 17 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (28 MIN) · DAYTIME SIPPER (WITH LIVING FRUIT)

Crisp Canopy Steam Pot

Bold root warmth and cool minty kitchen steam in one crisp pot.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Elecampane Root
1 Mug: 1/2 tsp | 1 Quart: 2 tsp
Anchors the pot with traditional deep, warming root aroma on brisk mornings.

[Best Friend · steep] Oregano Leaf
1 Mug: 1/2 tsp | 1 Quart: 2 tsp
Infuses vigorous, savory kitchen steam that clears the cobwebs on stuffy days.

[Cushion · steep] Elderflower
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Smooths out the bold root and oregano with soft, honey-sweet blossom notes.

[Spark · steep] Peppermint Leaf
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Lifts the finish with a clean, cooling snap that feels refreshing from the first sip.

Coach Bobby's Tip: A tiny pinch of Elecampane goes a long way. Stick to 1/2 teaspoon per mug so its bold, peppery warmth stays balanced with the sweet honeyed elderflower and cool peppermint.

Simmering Elecampane first draws out its deep warming body, while steeping Oregano, Elderflower, and Peppermint after the burner goes off protects their delicate cooling oils and floral sweetness. Flavor: Bold spicy-earthy root, savory garden oregano, delicate floral honey, and a crisp peppermint breeze.

HOW TO BREW IT:

1. Place Elecampane Root in a covered pot with 12 oz of water for one mug (or 34 oz for a quart jar) and simmer gently for 18 minutes.
2. Switch off the stove completely and add Oregano Leaf, Elderflower, and Peppermint Leaf directly into the hot root broth.
3. Clamp the lid back on tightly right away so none of the aromatic mint and oregano steam escapes into the air.
4. Steep covered for 10 minutes, then strain cleanly into your favorite warm mug or insulated flask.

Safety & Doctor Check: Elecampane belongs to the daisy and ragweed plant family, and concentrated Oregano can nudge blood sugar or blood clotting. Check with your doctor and pharmacist first if you are pregnant, nursing, sensitive to ragweed, or take blood thinners, blood sugar, blood pressure, or water pill medications.

CONCOCTION 18 OF 42 · COOL MASON JAR SOAK (240 MIN) · DAYTIME SIPPER (WITH LIVING FRUIT)

Ruby Porch Hibiscus Cooler

Sun-bright, tart ruby cooler brewed cold for crisp daytime flow.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Hibiscus Sabdariffa Petal
1 Mug: 1 tbsp | 1 Quart: 1/4 cup
Turns cold water deep ruby red with lively, tart berry brightness.

[Best Friend · steep] Cleavers
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Steeps cleanly in cool water for crisp green refreshment and gentle daytime flow.

[Cushion · steep] Corn Silk
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Balances the tangy hibiscus with soft, golden silkiness so the cooler glides down easy.

[Spark · steep] Key Lime Peel
1 Mug: 1/2 tsp | 1 Quart: 2 tsp
Adds bright, sunny citrus pop that makes every glass feel like a backyard refresher.

Coach Bobby's Tip: Make a 32 oz mason jar right before bed and set it in the fridge. By the time you finish your morning fruit, you have a jewel-red pitcher ready to pour over ice all afternoon.

Cold steeping pulls Hibiscus's bright red tartness and Cleavers's fresh green character without turning bitter, while Corn Silk rounds the edges for a smooth all-day hydrator. Flavor: Bright cranberry-tart hibiscus, crisp green garden freshness, silky corn-sweet finish, and punchy lime zest.

HOW TO BREW IT:

1. Add Hibiscus Sabdariffa Petal, Cleavers, Corn Silk, and Key Lime Peel to a 12 oz glass jar for a single serving (or a 32 oz mason jar for the day).
2. Fill with cold filtered water, screw the lid on tight, and give the jar a slow upside-down swirl to wet all the petals and threads.
3. Rest in the refrigerator or a cool shaded spot on the counter for 4 hours (or overnight for maximum ruby color).
4. Strain through a fine mesh sieve into a tall glass filled with ice and sip steadily through the afternoon.

Safety & Doctor Check: Hibiscus, Cleavers, and Corn Silk all encourage gentle fluid flow, and Hibiscus can gently nudge blood pressure downward. Check with your doctor and pharmacist first if you are pregnant, nursing, or take blood pressure, water pill, blood sugar, or cholesterol medications.

CONCOCTION 19 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (27 MIN) · 2:00 PM STEADY CUP

Sun-Kissed Throat Soother

Golden petal comfort and silky green leaves for dry-throat days.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Plantain Leaf
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Offers calm, soothing leafy comfort whenever your throat feels dry from talking or chilly air.

[Best Friend · steep] Calendula Petal
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Lends bright marigold color and gentle, warming petal comfort.

[Cushion · simmer] Marshmallow Root
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Creates a plush, comforting feel in the mug that wraps the throat in softness.

[Spark · simmer] Sweet Fennel Seed
1 Mug: 1/2 tsp | 1 Quart: 2 tsp
Brings natural honeyed kitchen sweetness so you do not need a drop of sugar.

Coach Bobby's Tip: Let this cup cool just slightly until it feels warm and welcoming rather than piping hot. That is when the plantain and marshmallow root silkiness really shines on a dry afternoon.

Fennel Seed and Marshmallow Root build a naturally sweet, silky broth on the stove first, then Plantain Leaf and Calendula steep gently off-heat to coat and comfort without harshness. Flavor: Mellow sunlit meadow, gentle green leaf, velvety soft root, and a sweet garden-fennel finish.

HOW TO BREW IT:

1. Add Marshmallow Root and lightly crushed Sweet Fennel Seed to a small pot with 12 oz of water for one mug (or 34 oz for a quart mason jar).
2. Cover and simmer gently over low heat for 15 minutes until fragrant and slightly silky.
3. Turn off the heat, stir in Plantain Leaf and Calendula Petal, and cover tightly to steep for 12 minutes.
4. Strain well into your mug, squeezing the soft petals lightly against the strainer for that golden glow.

Safety & Doctor Check: Calendula belongs to the daisy family, and thick plant-gel roots can slow how quickly pills absorb. Space this cup at least an hour away from daily medications, and check with your doctor and pharmacist first if you are pregnant, nursing, sensitive to ragweed, or take blood thinners.

CONCOCTION 20 OF 42 · COVERED STEEP (BURNER OFF) (12 MIN) · 2:00 PM STEADY CUP

Afternoon Meadow Flow Tea

Light clover honey, crisp greens, and cool mint for steady daytime flow.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Red Clover Blossom
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Gives a light, sunny meadow base with subtle natural sweetness.

[Best Friend · steep] Cleavers
1 Mug: 2 tsp | 1 Quart: 2 tbsp
Adds crisp green vitality that keeps daytime hydration feeling light and moving.

[Cushion · steep] Corn Silk
1 Mug: 2 tsp | 1 Quart: 2 tbsp
Keeps the whole blend extra smooth and easy on the palate.

[Spark · steep] Peppermint Leaf
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Cuts through afternoon sluggishness with clean, uplifting mint aroma.

Coach Bobby's Tip: This is your classic easy-going daytime mason jar blend. Steep it hot in 12 minutes for a cozy mug, or pour that exact same jar over ice after lunch for an effortless green refresher.

Four delicate blossoms, leaves, and silks steep together in one clean step, giving you gentle afternoon clarity and smooth hydration without any bitterness or caffeine crash. Flavor: Light clover honey, crisp spring greens, mild sweet corn silk, and a bright mint breeze.

HOW TO BREW IT:

1. Measure Red Clover Blossom, Cleavers, Corn Silk, and Peppermint Leaf into a heat-safe mug or 32 oz mason jar.
2. Pour 10 to 12 oz of just-boiled water for a single mug (or 32 oz for a mason jar) right over the herbs.
3. Cover with a saucer or jar lid to lock in the peppermint steam and steep for 12 minutes.
4. Strain into a clean cup and enjoy warm or over a handful of ice cubes.

Safety & Doctor Check: Red Clover, Cleavers, and Corn Silk support gentle daytime fluid flow and carry natural plant compounds that can interact with blood thinners, water pills, hormone-related meds, or blood sugar routines. Check with your doctor and pharmacist first before making this a daily cup.

CONCOCTION 21 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (27 MIN) · EVENING PORCH MUG (AFTER 5:00 PM)

Harvest Lantern Seasonal Cup

Tangy rosehips, warm ginger, and classic blossoms for cozy seasonal nights.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Echinacea Purpurea
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Brings classic crisp seasonal flower-and-leaf character for changing-weather evenings.

[Best Friend · simmer] Whole Rosehips
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Simmers into a bright, fruity ruby-amber base full of cozy orchard tang.

[Cushion · steep] Elderflower
1 Mug: 2 tsp | 1 Quart: 2 tbsp
Softens the tangy rosehips with calm, gentle floral warmth for evening wind-down.

[Spark · simmer] Ginger Root
1 Mug: 1/2 tsp | 1 Quart: 2 tsp
Adds a gentle, glowing spark that warms your hands and chest after 5 PM.

Coach Bobby's Tip: Crush your Whole Rosehips lightly with the flat of a knife or bottom of a jar before simmering so every bit of tangy orchard brightness comes into the cup in 15 minutes flat.

Simmering the tough rosehips and ginger first unlocks bright orchard flavor and warmth, while steeping Echinacea and Elderflower off the heat preserves their light floral aroma for a relaxing evening cup. Flavor: Tangy orchard rosehip, crisp garden echinacea, honeyed elderflower, and warm ginger glow.

HOW TO BREW IT:

1. Lightly crush the Whole Rosehips and place them in a covered pot with Ginger Root and 12 oz of water for one mug (or 34 oz for a quart jar).
2. Simmer covered on low heat for 15 minutes so the rosehips turn bright, tangy, and fragrant.
3. Turn off the heat, drop in the Echinacea Purpurea and Elderflower, and cover tightly right away.
4. Steep covered for 12 minutes, strain carefully, and sip slowly as you wind down for the evening.

Safety & Doctor Check: Echinacea and Elderflower are active seasonal botanicals and belong to plants that can interact with immune-related or liver-processed medications, and Echinacea may bother folks sensitive to ragweed. Always check with your doctor and pharmacist first if you take prescriptions or are pregnant or nursing.

STEADY FOCUS & AFTERNOON STAMINA

CONCOCTION 22 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (30 MIN) · 2:00 PM STEADY CUP

2 PM Coffee-Break Rescuer

Roasted mushroom richness that replaces your afternoon coffee run without the late-day crash.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Chaga Chunks
`1 Mug: 1 tbsp small chunks | 1 Quart: 1/4 cup small chunks`
Gives that deep, dark roasted coffee-house body without a single drop of caffeine.

[Best Friend · simmer] Lion's Mane Mushroom
`1 Mug: 1 tbsp dried slices | 1 Quart: 1/4 cup dried slices`
Adds gentle savory mushroom warmth that supports a steady, unhurried afternoon desk session.

[Cushion · steep] Gotu Kola Leaf
`1 Mug: 1 tsp cut leaf | 1 Quart: 1 tbsp plus 1 tsp cut leaf`
Softens the deep woody mushroom base with a mild, grounded garden finish.

[Spark · simmer] Ceylon Cinnamon
`1 Mug: 1/2 tsp crushed stick or chips | 1 Quart: 2 tsp crushed stick or chips`
Brings cozy natural sweetness so the mug tastes like a warm spice latte on its own.

Coach Bobby's Tip: Keep a 32 oz mason jar of the simmered Chaga and Lion's Mane base in the fridge for up to 3 days, then rewarm a mug and steep fresh Gotu Kola right before your 2 PM work block.

Simmering Chaga and Lion's Mane with Ceylon Cinnamon builds a dark, cozy base that feels like a café supports everyday comfort with, while steeping Gotu Kola at the end keeps the cup light and clear for afternoon focus. Flavor: Velvety cocoa-earthiness with warm cinnamon spice and a smooth green finish

HOW TO BREW IT:

1. Add Chaga Chunks, Lion's Mane Mushroom, and Ceylon Cinnamon to a small pot with 12 oz water for one mug (or 36 oz water for a 32 oz jar).
2. Bring to a gentle boil, turn down to low, cover with a lid, and simmer softly for 20 minutes.
3. Turn off the burner, drop in the Gotu Kola Leaf, put the lid right back on, and steep for 10 minutes.
4. Strain through a fine mesh strainer into your favorite mug and sip slowly while you tackle your afternoon checklist.

Safety & Doctor Check: Check with your doctor and pharmacist first if you are pregnant, nursing, scheduled for surgery, or taking blood thinners, blood sugar, cholesterol, or immune-related medications.

CONCOCTION 23 OF 42 · COVERED STEEP (BURNER OFF) (12 MIN) · 2:00 PM STEADY CUP

Rosemary Mint Kitchen Refresher

A bright, cooling leaf cup that smells like a fresh kitchen herb garden.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Gotu Kola Leaf
`1 Mug: 1 tsp cut leaf | 1 Quart: 1 tbsp plus 1 tsp cut leaf`
Anchors the cup with a clean, mild green base made for steady mid-day focus.

[Best Friend · steep] Ginkgo Biloba Leaf
`1 Mug: 1 tsp dried leaf | 1 Quart: 1 tbsp plus 1 tsp dried leaf`
Pairs seamlessly with Gotu Kola for a crisp, bright daytime leaf blend.

[Cushion · steep] Peppermint Leaf
`1 Mug: 1 tsp dried leaf | 1 Quart: 1 tbsp plus 1 tsp dried leaf`
Cools the palate and settles the tummy after lunch so you stay light on your feet.

[Spark · steep] Rosemary Sprig
`1 Mug: 1 small 3-inch fresh sprig (or 1/2 tsp dried) | 1 Quart: 3 fresh sprigs (or 2 tsp dried)`
Fills your kitchen with an unmistakable crisp aroma that wakes up your senses immediately.

Coach Bobby's Tip: Give the fresh Rosemary Sprig a gentle clap between your palms before dropping it in the mug so the bright kitchen oils wake up right away.

All four ingredients are delicate leaves, so one covered steep pulls out the crisp rosemary aroma and cooling peppermint lift while keeping Ginkgo and Gotu Kola smooth and never bitter. Flavor: Crisp garden rosemary, cool peppermint breeze, and clean green tea-like leaf notes

HOW TO BREW IT:

1. Place Gotu Kola Leaf, Ginkgo Biloba Leaf, Peppermint Leaf, and Rosemary Sprig into a heat-safe mug or 32 oz mason jar.
2. Pour 10 oz of just-boiled hot water for a single mug (or 32 oz for a jar) over the leaves.
3. Cover immediately with a saucer or jar lid so the bright rosemary and mint steam stays inside, and steep for 12 minutes.
4. Strain well and enjoy warm at your desk, or pour over a tall glass of ice for a crisp afternoon refresher.

Safety & Doctor Check: Check with your doctor and pharmacist first if you are pregnant, nursing, preparing for surgery, or taking blood thinners, blood sugar, or liver-metabolized medications.

CONCOCTION 24 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (30 MIN) · DAYTIME SIPPER (WITH LIVING FRUIT)

Pre-Walk Ruby Stamina Sip

A vibrant ruby pre-walk tonic built for steady steps and bright afternoon energy.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Cordyceps Mushroom
`1 Mug: 1 tbsp dried slices or pieces | 1 Quart: 1/4 cup dried slices or pieces`
Brings warm, golden mushroom richness crafted for daytime movement and steady stamina.

[Best Friend · simmer] Ruby Beet Root
`1 Mug: 1 tsp dried beet cubes (or 1 tsp powder stirred in after) | 1 Quart: 1 tbsp plus 1 tsp dried beet cubes`
Adds natural sweet earthiness and deep ruby color for pre-walk momentum.

[Cushion · steep] Hibiscus Petal
`1 Mug: 1 tsp dried petals | 1 Quart: 1 tbsp plus 1 tsp dried petals`
Rounds out the earthy roots with refreshing cranberry-like fruitiness.

[Spark · simmer] Schisandra Berry
`1 Mug: 1 tsp whole dried berries | 1 Quart: 1 tbsp plus 1 tsp whole dried berries`
Lays down a bright sweet-tart kick that wakes up your taste buds before you lace up your sneakers.

Coach Bobby's Tip: Pour this strained crimson brew into a chilled 32 oz mason jar with a squeeze of fresh lime right before heading out for your afternoon walk.

Simmering Cordyceps, Beet Root, and Schisandra extracts their rich color and steady daytime flavor, while steeping Hibiscus at the end keeps the tart berry note fresh and vibrant. Flavor: Earthy sweet ruby beet, tangy five-flavor berry, and bright tart hibiscus

HOW TO BREW IT:

1. Combine Cordyceps Mushroom, Ruby Beet Root, and Schisandra Berry in a pot with 12 oz water for a mug (or 36 oz water for a 32 oz jar).
2. Bring to a simmer, cover with a lid, and cook gently on low heat for 20 minutes.
3. Turn off the burner, toss in the Hibiscus Petal, cover tightly again, and steep off the heat for 10 minutes.
4. Strain into your cup or mason jar and enjoy warm or over ice 30 minutes before your walk.

Safety & Doctor Check: Check with your doctor and pharmacist first if you are pregnant, nursing, have kidney stone concerns, or take blood pressure, blood thinner, potassium, blood sugar, or immune-related medications.

CONCOCTION 25 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (35 MIN) · 2:00 PM STEADY CUP

Savory Kitchen Mushroom Broth Cup

A slow-simmered, savory mushroom-and-herb mug for when you do not want a sweet tea.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Lion's Mane Mushroom
`1 Mug: 1 tbsp dried slices | 1 Quart: 1/4 cup dried slices`
Creates a comforting, savory mushroom broth base for quiet afternoon clarity.

[Best Friend · simmer] Turkey Tail Mushroom
`1 Mug: 1 tbsp dried strips or pieces | 1 Quart: 1/4 cup dried strips or pieces`
Deepens the slow-simmered woodsy texture so the cup feels hearty and nourishing.

[Cushion · steep] Garden Sage Leaf
`1 Mug: 1 tsp dried leaf | 1 Quart: 1 tbsp plus 1 tsp dried leaf`
Turns the mushroom tea into a familiar Sunday-kitchen savory cup.

[Spark · steep] Rosemary Sprig
`1 Mug: 1 small 3-inch fresh sprig (or 1/2 tsp dried) | 1 Quart: 3 fresh sprigs (or 2 tsp dried)`
Adds crisp aroma on top so every sip feels clean and uplifting.

Coach Bobby's Tip: Finish your mug with one tiny pinch of flaky sea salt and a crack of black pepper when you want a cozy savory afternoon break instead of something sweet.

Simmering Lion's Mane and Turkey Tail first unlocks their rich savory broth character, and resting Sage and Rosemary in the covered pot afterward gives you pure kitchen-garden aroma without harsh bitterness. Flavor: Savory kitchen broth with toasted mushroom umami, warm sage, and piney rosemary

HOW TO BREW IT:

1. Put Lion's Mane Mushroom and Turkey Tail Mushroom in a pot with 12 oz water for one mug (or 38 oz water for a 32 oz jar).
2. Bring just to a simmer, lower the heat, cover with a lid, and simmer slowly for 25 minutes.
3. Turn off the burner, drop in the Garden Sage Leaf and Rosemary Sprig, cover, and steep for 10 minutes.
4. Strain into a warm mug and sip like a savory kitchen broth between afternoon tasks.

Safety & Doctor Check: Check with your doctor and pharmacist first if you are pregnant, nursing, have mushroom sensitivities, or take blood thinners, blood pressure, blood sugar, or immune medications.

CONCOCTION 26 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (32 MIN) · MORNING CUP (BEFORE FIRST FRUIT)

Morning Red Ginseng Steady Drive

A brisk, coffee-free morning root brew built for steady drive and clear focus.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Panax Red Ginseng Root
`1 Mug: 1 tsp sliced dried root | 1 Quart: 1 tbsp plus 1 tsp sliced dried root`
Delivers that classic brisk, coffee-free morning drive and grounded stamina.

[Best Friend · simmer] Eleuthero Root
`1 Mug: 1 tsp cut dried root | 1 Quart: 1 tbsp plus 1 tsp cut dried root`
Supports even-keeled endurance so the cup feels smooth instead of jittery.

[Cushion · steep] Bacopa Leaf
`1 Mug: 1 tsp dried leaf | 1 Quart: 1 tbsp plus 1 tsp dried leaf`
Softens the bold root bite with a calm, steady green tea-style leaf finish.

[Spark · simmer] Ginger Root
`1 Mug: 1 tsp freshly grated or sliced root | 1 Quart: 1 tbsp plus 1 tsp freshly sliced root`
Wakes up your morning kitchen with bright ginger warmth and smooth tummy comfort.

Coach Bobby's Tip: Enjoy this one before noon so its crisp, wide-awake root energy carries you cleanly through your morning fruit window without crowding bedtime.

Simmering Red Ginseng, Eleuthero, and Ginger releases their warm stamina notes first, while steeping Bacopa Leaf off the heat balances the cup so it goes down smooth. Flavor: Warm bittersweet ginseng root, crisp green leaf, and lively fresh ginger zip

HOW TO BREW IT:

1. Add Panax Red Ginseng Root, Eleuthero Root, and Ginger Root to a small pot with 12 oz water for a mug (or 36 oz water for a 32 oz jar).
2. Cover with a lid and simmer gently on low heat for 20 minutes.
3. Turn off the burner, add the Bacopa Leaf, cover tightly, and steep for 12 minutes.
4. Strain into your mug and sip warm before your morning fruit or mid-morning focus block.

Safety & Doctor Check: Check with your doctor and pharmacist first if you are pregnant, nursing, or taking blood thinners, blood pressure, blood sugar, thyroid, immune, or cholesterol medications.

CONCOCTION 27 OF 42 · COVERED LOW SIMMER (25 MIN) · 2:00 PM STEADY CUP

Creamy Maca & Reishi Cozy Cup

A dairy-free, butterscotch-malty afternoon mushroom mug with zero caffeine jitters.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Reishi Mushroom Slice
`1 Mug: 1 tbsp dried mushroom slice | 1 Quart: 1/4 cup dried mushroom slices`
Anchors the cup with grounded, woody mushroom richness for calm afternoon steadiness.

[Best Friend · simmer] Chaga Chunks
`1 Mug: 1 tbsp small chunks | 1 Quart: 1/4 cup small chunks`
Rounds out Reishi's earthy edge with dark, vanilla-woody café depth.

[Cushion · stir] Gelatinized Maca Root
`1 Mug: 1 tsp gelatinized powder | 1 Quart: 1 tbsp plus 1 tsp gelatinized powder`
Whisks right into the hot strained tea for a creamy, malty butterscotch finish with zero dairy.

[Spark · simmer] Ceylon Cinnamon
`1 Mug: 1/2 tsp crushed bark or chips | 1 Quart: 2 tsp crushed bark or chips`
Adds sweet bakery spice that ties the mushrooms and maca together beautifully.

Coach Bobby's Tip: Use a handheld milk frother or small kitchen whisk right after adding the Gelatinized Maca so the cup foams up like a warm butterscotch latte.

Slow-simmering Reishi, Chaga, and Cinnamon pulls out deep roasted notes, and whisking pre-steamed Gelatinized Maca into the strained tea creates a rich, creamy café cup naturally. Flavor: Rich toasted mushroom, butterscotch-malty maca, and sweet cinnamon warmth

HOW TO BREW IT:

1. Add Reishi Mushroom Slice, Chaga Chunks, and Ceylon Cinnamon to a pot with 12 oz water for one mug (or 36 oz water for a 32 oz jar).
2. Bring to a gentle simmer, cover with a lid, and cook softly on low for 25 minutes.
3. Strain the hot dark brew into your mug or heat-safe jar, leaving the mushroom pieces behind.
4. Whisk in the Gelatinized Maca Root powder briskly until smooth and lightly frothy, then sip warm.

Safety & Doctor Check: Check with your doctor and pharmacist first if you are pregnant, nursing, have thyroid or hormone-sensitive considerations, or take blood thinners, blood pressure, blood sugar, or immune medications.

CONCOCTION 28 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (27 MIN) · DAYTIME SIPPER (WITH LIVING FRUIT)

Clear-Headed Garden & Berry Walk Tonic

Sweet fennel and tart five-flavor berries meet crisp garden leaves for an upbeat afternoon cup.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Ginkgo Biloba Leaf
`1 Mug: 1 tsp dried leaf | 1 Quart: 1 tbsp plus 1 tsp dried leaf`
Brings crisp, light leaf clarity ideal for mid-afternoon reading, planning, or a brisk walk.

[Best Friend · steep] Gotu Kola Leaf
`1 Mug: 1 tsp cut leaf | 1 Quart: 1 tbsp plus 1 tsp cut leaf`
Complements Ginkgo smoothly for a balanced, grounded daytime cup.

[Cushion · simmer] Sweet Fennel Seed
`1 Mug: 1 tsp lightly crushed seeds | 1 Quart: 1 tbsp plus 1 tsp lightly crushed seeds`
Adds natural sweetness and post-meal tummy ease so you feel light and comfortable.

[Spark · simmer] Schisandra Berry
`1 Mug: 1 tsp whole dried berries | 1 Quart: 1 tbsp plus 1 tsp whole dried berries`
Lends a lively five-flavor berry tartness that keeps the cup bright and refreshing.

Coach Bobby's Tip: Give the Sweet Fennel Seed a light crush with the flat side of a chef's knife before simmering so every bit of sweet aroma opens up in the pot.

Simmering the dense seeds and berries first draws out natural sweetness and tart brightness, while steeping Ginkgo and Gotu Kola off the heat protects their clean daytime flavor. Flavor: Tart ruby berry, gentle sweet licorice-fennel, and crisp daytime garden leaves

HOW TO BREW IT:

1. Place Sweet Fennel Seed and Schisandra Berry in a small pot with 12 oz water for a mug (or 36 oz water for a 32 oz jar).
2. Bring to a gentle simmer, cover with a lid, and cook on low for 15 minutes.
3. Turn off the burner, add Ginkgo Biloba Leaf and Gotu Kola Leaf, cover tightly, and steep for 12 minutes.
4. Strain into a mug to sip warm, or chill in a mason jar for a refreshing post-lunch walk companion.

Safety & Doctor Check: Check with your doctor and pharmacist first if you are pregnant, nursing, preparing for surgery, or taking blood thinners, blood sugar, or cholesterol and liver-metabolized medications.

CONCOCTION 29 OF 42 · COVERED LOW SIMMER (22 MIN) · MORNING CUP (BEFORE FIRST FRUIT)

Golden Kitchen Sunrise Simmer

Your classic golden morning pot for cozy joint warmth and bright sunrise energy.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Fresh or Dried Turmeric Root
`1 Mug: 1 tsp dried (or 1 tbsp sliced fresh) | 1 Quart: 1 tbsp dried (or 3 tbsp sliced fresh)`
Leads the pot with warm, golden kitchen comfort for stiff mornings and active bodies.

[Best Friend · simmer] Ginger Root
`1 Mug: 1 tsp dried (or 1 tbsp sliced fresh) | 1 Quart: 1 tbsp dried (or 3 tbsp sliced fresh)`
Pairs naturally with turmeric to bring lively warmth and wake up your morning routine.

[Cushion · simmer] Marshmallow Root
`1 Mug: 1 tsp | 1 Quart: 1 tbsp`
Adds a gentle, velvety cushion so the pepper and ginger feel smooth going down.

[Spark · simmer] Cracked Black Peppercorn
`1 Mug: 3 to 4 cracked peppercorns | 1 Quart: 1 tsp cracked peppercorns`
Acts as the classic kitchen catalyst that helps your body welcome turmeric's golden goodness.

Coach Bobby's Tip: Use a dedicated wooden spoon and an older pot if you are simmering fresh turmeric, because that bright golden color loves to stain white countertops and light dish towels.

Turmeric and ginger are dense roots that need a real covered simmer to open up, while cracked black pepper wakes up the blend and marshmallow root keeps every sip soft on your tummy. Flavor: Warm, earthy golden roots with bright peppery heat and a silky, mellow finish.

HOW TO BREW IT:

1. Add your turmeric root, ginger root, marshmallow root, and lightly cracked black peppercorns to a small pot with 10 oz of water for one mug (or 34 oz for a 32 oz mason jar).
2. Bring to a gentle boil, then drop the heat to low and simmer covered for 20 minutes so the lid traps all the warm spice aroma.
3. Turn off the burner and let the pot rest covered for 2 minutes so the spices settle.
4. Strain through a fine mesh sieve into your mug or mason jar, and enjoy warm before your morning fruit.

Safety & Doctor Check: Turmeric and black pepper can interact with blood thinners, cholesterol prescriptions, and blood sugar medications, and concentrated turmeric may bother sensitive gallbladders. Check with your doctor and pharmacist first before making this a daily habit.

CONCOCTION 30 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (27 MIN) · DAYTIME SIPPER (WITH LIVING FRUIT)

Island Sorrel & Spice Holiday Pot

Festive Caribbean ruby bush tea that tastes like the holidays without a spoon of refined sugar.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Jamaican Sorrel Calyx
`1 Mug: 1 tbsp dried calyces | 1 Quart: 1/4 cup dried calyces`
Brings vibrant ruby color, crisp island tang, and refreshing daytime lift.

[Best Friend · simmer] Ceylon Cinnamon Stick
`1 Mug: 1/2 Ceylon stick | 1 Quart: 2 Ceylon sticks`
True Sri Lankan Ceylon cinnamon adds soft, sweet holiday warmth without harsh bitterness.

[Cushion · steep] Red Rooibos
`1 Mug: 1 tsp | 1 Quart: 1 tbsp`
Rounds off sorrel's tangy zip with natural mineral smoothness and zero caffeine.

[Spark · simmer] Whole Clove Bud
`1 Mug: 2 whole buds | 1 Quart: 8 whole buds`
Adds bold aromatic spice that clears the air and wakes up the whole kitchen.

Coach Bobby's Tip: If you want a chilled island punch later in the day, pour the strained hot brew over a mason jar packed with fresh ice and a squeeze of key lime.

Simmering the Ceylon cinnamon bark and whole cloves first pulls out deep warm spice, and steeping the sorrel calyces and red rooibos off the heat keeps the ruby flavor bright, balanced, and naturally gentle. Flavor: Tart, ruby-berry brightness layered over cozy Ceylon cinnamon, clove, and smooth vanilla-like red bush.

HOW TO BREW IT:

1. Simmer the Ceylon cinnamon sticks and whole clove buds covered in 10 oz of water for one mug (or 34 oz for a 32 oz mason jar) over low heat for 15 minutes.
2. Turn off the burner completely so the delicate flowers do not scorch.
3. Drop in the Jamaican sorrel calyces and red rooibos, put the lid right back on, and steep for 12 minutes.
4. Strain into your favorite mug or mason jar, and sip warm or chilled over ice alongside daytime fruit.

Safety & Doctor Check: Sorrel can nudge blood pressure downward and is traditionally skipped during pregnancy, while cinnamon and cloves can interact with blood-thinning or blood sugar prescriptions. Check with your doctor and pharmacist first before sipping regularly.

CONCOCTION 31 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (27 MIN) · 2:00 PM STEADY CUP

Breezy Island Lemongrass & Citrus Cup

Fresh Caribbean fever-grass warmth and zesty key lime peel for clear-headed afternoon focus.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Lemongrass Stalk
`1 Mug: 1 tbsp chopped dried (or 1 bruised stalk) | 1 Quart: 3 tbsp dried (or 3 bruised stalks)`
Fills your cup and kitchen with clean, breezy island citrus aroma for open-feeling afternoons.

[Best Friend · simmer] Ginger Root
`1 Mug: 1 tsp dried (or 1 tbsp sliced fresh) | 1 Quart: 1 tbsp dried (or 3 tbsp sliced fresh)`
Lays down a cozy, warming base that keeps the citrus cup grounded and lively.

[Cushion · simmer] Marshmallow Root
`1 Mug: 1 tsp | 1 Quart: 1 tbsp`
Coats the throat gently with a smooth herbal feel that balances bright citrus peel.

[Spark · steep] Dried Key Lime Peel
`1 Mug: 1 tsp | 1 Quart: 1 tbsp`
Delivers an unmistakable Caribbean key lime snap right at the finish.

Coach Bobby's Tip: Smash fresh lemongrass stalks with the flat side of your kitchen knife before dropping them in the pot so every drop of lemony oil meets the water.

Ginger and marshmallow root give up their cozy warmth and silky body during the covered simmer, while turning off the heat before steeping lemongrass and key lime peel keeps the citrus oils bright instead of bitter. Flavor: Crisp island lemongrass and zesty key lime over warm ginger and a silky, comforting finish.

HOW TO BREW IT:

1. Simmer the ginger root and marshmallow root covered in 10 oz of water for a mug (or 34 oz for a 32 oz mason jar) for 15 minutes over low heat.
2. Turn off the burner and pull the pot slightly off the hot element.
3. Add the lemongrass and dried key lime peel, cover tightly, and steep for 12 minutes so the fragrant citrus oils stay in the cup.
4. Strain well and breathe in that warm island steam as you sip through the afternoon.

Safety & Doctor Check: Lemongrass acts as a gentle diuretic and is best skipped during pregnancy in concentrated brews, and key lime peel can interact with certain prescriptions like statins or blood pressure pills. Check with your doctor and pharmacist first.

CONCOCTION 32 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (25 MIN) · DAYTIME SIPPER (WITH LIVING FRUIT)

Guava Leaf & Pimento Post-Meal Ease

A settled-belly Caribbean leaf and spice cup for easy, comfortable digestion after meals.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Guava Leaf
`1 Mug: 1 tbsp crushed dried leaves | 1 Quart: 3 tbsp crushed dried leaves`
A beloved island kitchen leaf prized for light, settled tummy comfort after meals.

[Best Friend · simmer] Whole Allspice Berry
`1 Mug: 2 crushed berries | 1 Quart: 8 crushed berries`
Classic Jamaican pimento spice that brings warm, comforting depth to heavy afternoons.

[Cushion · simmer] Fenugreek Seed
`1 Mug: 1 tsp | 1 Quart: 1 tbsp`
Softens the brisk astringency of guava leaf with a warm, lightly sweet maple-like finish.

[Spark · steep] Sweet Orange Peel
`1 Mug: 1 tsp | 1 Quart: 1 tbsp`
Brightens the earthy leaf and spice combo with sunny orchard aroma.

Coach Bobby's Tip: Crush the whole allspice berries lightly with the bottom of a heavy mug on your cutting board right before simmering so they release twice the island aroma.

Simmering the dense pimento berries and fenugreek seeds builds a soothing, aromatic base first, while steeping guava leaf and sweet orange peel off the heat brings post-meal ease without harsh bitterness. Flavor: Earthy green guava leaf lifted by warm Jamaican pimento spice, nutty fenugreek, and sweet orange zest.

HOW TO BREW IT:

1. Add the lightly crushed allspice berries and fenugreek seeds to 10 oz of water for one mug (or 34 oz for a 32 oz mason jar), cover, and simmer on low for 15 minutes.
2. Turn off the burner so the guava leaves stay smooth and never turn overly tannic.
3. Drop in the guava leaves and sweet orange peel, cover, and steep for 10 minutes.
4. Strain cleanly and enjoy warm 20 to 30 minutes after a meal.

Safety & Doctor Check: Guava leaf and fenugreek can gently shift blood sugar, and fenugreek is avoided in pregnancy and checked carefully with thyroid or blood-thinning medications. Check with your doctor and pharmacist first.

CONCOCTION 33 OF 42 · COVERED LOW SIMMER (20 MIN) · MORNING CUP (BEFORE FIRST FRUIT)

Coach Bobby's Cayenne & Cinnamon Warm-Up

Cozy Ceylon cinnamon and golden turmeric with a quick cayenne wake-up spark.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Ceylon Cinnamon Stick
1 Mug: 1/2 Ceylon stick | 1 Quart: 2 Ceylon sticks
True Ceylon cinnamon brings cozy, steady morning warmth with a gentle, naturally sweet aroma.

[Best Friend · simmer] Fresh or Dried Turmeric Root
1 Mug: 1 tsp dried (or 1 tbsp sliced fresh) | 1 Quart: 1 tbsp dried (or 3 tbsp sliced fresh)
Pairs with cinnamon for deep golden warmth when your mornings feel stiff or slow.

[Cushion · simmer] Fenugreek Seed
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Gives the spice simmer a rounded, comforting texture that cushions the cayenne kick.

[Spark · stir] Cayenne Pepper Pinch
1 Mug: 1 tiny pinch (1/16 tsp) | 1 Quart: 1/4 tsp
Stirs in a quick wake-up spark that gets you moving on chilly mornings.

Coach Bobby's Tip: Measure your cayenne pinch with dry fingers and stir it in at the very end so you control the exact level of morning kick.

Simmering the bark, root, and seed together builds a sweet, velvety spice base, and stirring in just a tiny pinch of cayenne at the end wakes up your senses without overwhelming your palate. Flavor: Sweet true Ceylon cinnamon, golden turmeric, nutty fenugreek, and a crisp cayenne wake-up tingle.

HOW TO BREW IT:

1. Simmer the Ceylon cinnamon stick, turmeric root, and fenugreek seeds covered in 10 oz of water for one mug (or 34 oz for a 32 oz mason jar) over low heat for 18 minutes.
2. Turn off the burner and let the pot sit covered for 2 minutes.
3. Strain the hot golden brew into your mug or mason jar.
4. Sprinkle in your tiny pinch of cayenne pepper, stir well, and sip slowly before your morning fruit.

Safety & Doctor Check: This warming spice blend can interact with blood sugar, blood pressure, thyroid, or blood-thinning medications, and cayenne can bother sensitive stomachs or reflux. Skip if pregnant and check with your doctor and pharmacist first.

CONCOCTION 34 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (23 MIN) · MORNING CUP (BEFORE FIRST FRUIT)

Old-School Bitter Cerasee Morning Reset

Traditional Caribbean bitter morning reset dressed up with ginger, lemongrass, and key lime.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Cerasee (Bitter Melon) Vine
1 Mug: 1 tsp dried vine and leaf | 1 Quart: 1 tbsp dried vine and leaf
Traditional Caribbean bitter morning leaf used occasionally when your kitchen routine feels sluggish.

[Best Friend · simmer] Ginger Root
1 Mug: 1 tsp dried (or 1 tbsp sliced fresh) | 1 Quart: 1 tbsp dried (or 3 tbsp sliced fresh)
Warms up the cup and softens Cerasee's strong bitter bite.

[Cushion · steep] Lemongrass Stalk
1 Mug: 1 tbsp chopped dried (or 1 bruised stalk) | 1 Quart: 3 tbsp dried (or 3 bruised stalks)
Adds a clean, breezy lemon cushion so every sip feels lighter and brighter.

[Spark · steep] Dried Key Lime Peel
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Brings a crisp citrus finish that turns an old-school bitter bush tea into a refreshing cup.

Coach Bobby's Tip: Set a kitchen timer for Cerasee so you pull it out right at 8 minutes; steeping it too long turns a brisk morning bush tea way too bitter.

Simmering ginger root first creates a warm, forgiving base, and a short 8-minute off-heat steep pulls out Cerasee's traditional crispness alongside fragrant lemongrass and key lime peel without turning harsh. Flavor: Bold, brisk island bitter vine softened by spicy ginger, bright lemongrass, and zesty key lime peel.

HOW TO BREW IT:

1. Simmer the ginger root covered in 10 oz of water for one mug (or 34 oz for a 32 oz mason jar) over low heat for 15 minutes.
2. Turn off the burner completely.
3. Drop in the Cerasee vine, lemongrass, and dried key lime peel, cover, and steep for 8 minutes sharp.
4. Strain right away so the Cerasee stays crisp and balanced, and sip slowly in the morning.

Safety & Doctor Check: Gentle caution on Cerasee: keep this as an occasional short-run morning tea rather than an everyday all-year drink, skip it completely if pregnant or nursing, and check with your doctor and pharmacist first especially if you take blood sugar or cholesterol prescriptions.

CONCOCTION 35 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (27 MIN) · EVENING PORCH MUG (AFTER 5:00 PM)

Soursop Leaf & Rooibos Sunset Unwind

Smooth island evening porch tea with soursop leaf, caffeine-free red rooibos, and sweet orange peel.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Soursop (Graviola) Leaf
1 Mug: 1 to 2 dried leaves (1 tsp crumbled) | 1 Quart: 4 to 6 dried leaves (1 tbsp crumbled)
A classic Caribbean evening porch tea loved for quiet, unhurried wind-down routines.

[Best Friend · simmer] Ceylon Cinnamon Stick
1 Mug: 1/2 Ceylon stick | 1 Quart: 2 Ceylon sticks
Brings cozy, low-coumarin Ceylon cinnamon warmth that makes the whole cup feel comforting.

[Cushion · steep] Red Rooibos
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Naturally caffeine-free red bush tea that gives the evening cup silky mineral fullness.

[Spark · steep] Sweet Orange Peel
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Adds a soft, sunny orchard scent that pairs effortlessly with cinnamon and red rooibos.

Coach Bobby's Tip: Keep Soursop leaf tea as a special two-or-three-nights-a-week wind-down ritual, and always use whole dried leaves from a trusted kitchen source.

Simmering true Ceylon cinnamon bark first builds a cozy base, while steeping soursop leaf, red rooibos, and sweet orange peel off the heat delivers a mellow, caffeine-free evening cup. Flavor: Gentle green island leaf over smooth, honey-warm red rooibos, Ceylon cinnamon, and sweet orange zest.

HOW TO BREW IT:

1. Simmer the Ceylon cinnamon stick covered in 10 oz of water for one mug (or 34 oz for a 32 oz mason jar) over low heat for 15 minutes.
2. Turn off the burner completely.
3. Add the soursop leaves, red rooibos, and sweet orange peel, cover tightly, and steep for 12 minutes.
4. Strain into your evening mug, put your phone away, and enjoy your quiet wind-down ritual after 5:00 PM.

Safety & Doctor Check: Gentle caution on Soursop leaf: enjoy in moderation a few evenings a week rather than heavy daily use for months at a time, avoid during pregnancy or nursing, and check with your doctor and pharmacist first if you take blood pressure, blood sugar, or blood-thinning medications.

EVENING WIND-DOWN & PORCH CALM

CONCOCTION 36 OF 42 · COVERED STEEP (BURNER OFF) (12 MIN) · EVENING PORCH MUG (AFTER 5:00 PM)

Front Porch Sunset Cup

Your go-to 5:30 PM porch sipper for shaking off a loud workday.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Lemon Balm Leaf
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Sets a fresh, lemony, easygoing tone for the whole evening cup.

[Best Friend · steep] Tulsi (Holy Basil)
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Adds warm herbal body that helps shift gears out of work mode.

[Cushion · steep] German Chamomile Flower
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Brings natural apple-like sweetness and keeps the cup silky smooth.

[Spark · steep] Key Lime Peel
1 Mug: 1/2 tsp | 1 Quart: 1.5 tsp
Gives a clean, bright citrus lift that wakes up the aroma on the porch.

Coach Bobby's Tip: Cover your mug with a small saucer while it steeps so those sweet lemon and chamomile oils drip right back into your cup instead of floating away in the steam.

When your Fruit Up window wraps up at 5 PM, this bright cup helps signal that the workday is officially over. Lemon Balm and Chamomile keep the flavor soft and sweet while Tulsi and Key Lime Peel add warm, uplifting porch aroma without a drop of caffeine. Flavor: Bright citrus leaf, sweet crisp apple blossom, gentle warm spice, and a zesty lime finish.

HOW TO BREW IT:

1. Measure the Lemon Balm, Tulsi, German Chamomile, and Key Lime Peel into your infuser basket or heat-safe 32 oz mason jar.
2. Pour 8 to 12 oz of just-boiled water for a single mug, or 32 oz for a full quart jar.
3. Cover tightly with a saucer or jar lid and let everything steep gently for 12 minutes.
4. Strain out the herbs, step out onto the porch, and sip slowly while the evening cools down.

Safety & Doctor Check: Check with your doctor and pharmacist before making this a nightly habit, especially if you are pregnant or nursing, sensitive to ragweed-family flowers, or take thyroid, blood sugar, blood thinner, or cholesterol medications.

CONCOCTION 37 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (25 MIN) · EVENING PORCH MUG (AFTER 5:00 PM)

Tamed Vervain & Honeyed Oat Cup

How Coach Bobby tames bitter Blue Vervain into a creamy, sweet evening supports everyday comfort with.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Blue Vervain
1 Mug: 1/2 tsp | 1 Quart: 1.5 tsp
Delivers deep evening unwind character in a smart, measured pinch that stays smooth.

[Best Friend · simmer] Milky Oat Tops
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Creates a rich, creamy oat broth first that cushions Blue Vervain's natural bite.

[Cushion · steep] German Chamomile Flower
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Wraps the cup in sweet, mellow apple-blossom comfort.

[Spark · simmer] Sweet Fennel Seed
1 Mug: 1/2 tsp | 1 Quart: 1.5 tsp
Unlocks natural sweet spice during the simmer to completely tame bitterness.

Coach Bobby's Tip: Never boil or over-steep Blue Vervain by itself. Keeping it to a smart pinch and dropping it in off the heat after the oats and fennel simmer turns a tough bitter herb into pure velvet.

Blue Vervain is famous for tasting super bitter if you brew it solo, so most people quit on it after one sip. By simmering creamy Milky Oat Tops and sweet Fennel Seed first, then steeping just a light pinch of Blue Vervain with Chamomile off the heat, you get all the calm porch comfort with a smooth, naturally sweet finish. Flavor: Creamy toasted grain, sweet licorice warmth, soft apple blossom, with only the faintest pleasant herbal edge.

HOW TO BREW IT:

1. Add Milky Oat Tops and Sweet Fennel Seed to a small saucepan with 12 oz water for one mug, or 36 oz water for a quart jar.
2. Bring to a gentle boil, turn down to low, cover with a lid, and simmer for 15 minutes.
3. Turn off the burner completely, drop in the pinch of Blue Vervain and German Chamomile, and put the lid right back on.
4. Let the delicate herbs steep off the heat for 10 minutes, then strain into your favorite mug and enjoy.

Safety & Doctor Check: Always check with your doctor and pharmacist first, especially if you are pregnant or nursing, take blood pressure, blood thinner, or cholesterol medications, or have a sensitivity to oats or daisy-family plants.

CONCOCTION 38 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (30 MIN) · EVENING PORCH MUG (AFTER 5:00 PM)

Velvet Root Bedtime Chai

Earthy Valerian and Ashwagandha dressed up like a warm cinnamon bedtime dessert.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Valerian Root
1 Mug: 1/2 tsp | 1 Quart: 1.5 tsp
Brings deep nighttime stillness in a balanced kitchen dose that never overwhelms the taste buds.

[Best Friend · simmer] Ashwagandha Root
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Lays down a cozy, nutty root base to help the body settle in for the night.

[Cushion · steep] German Chamomile Flower
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Steeps off the heat to brighten and sweeten the deep earthy roots.

[Spark · simmer] Ceylon Cinnamon
1 Mug: 1/2 tsp | 1 Quart: 1.5 tsp
Turns strong root musk into a cozy spiced bedtime chai aroma.

Coach Bobby's Tip: Keep the pot lid tight the whole time Valerian is warming up, and pair it with real Ceylon Cinnamon. Cinnamon transforms that funky earthiness into something that smells like warm apple pie.

Valerian Root on its own smells like old gym socks to a lot of folks, which is a shame because it is a classic nighttime kitchen staple. Simmering it gently with Ashwagandha and sweet Ceylon Cinnamon, then softening the whole pot with Chamomile flowers off the heat, creates a velvety spice cup you will actually look forward to. Flavor: Warm cinnamon bakery spice, toasted nutty root, soft floral honey, and a grounded earthy undertone.

HOW TO BREW IT:

1. Place Valerian Root, Ashwagandha Root, and Ceylon Cinnamon in a covered saucepan with 12 oz water for a mug, or 36 oz water for a quart.
2. Simmer gently on low with the lid on tight for 18 minutes so the tough roots release their full warmth.
3. Turn off the stove, stir in the German Chamomile Flowers, cover immediately, and steep for 12 minutes.
4. Strain through a fine mesh strainer into your bedtime mug and enjoy an hour before lights out.

Safety & Doctor Check: This cozy root blend can cause drowsiness and interact with several prescriptions. Check with your doctor and pharmacist first if you are pregnant or nursing, or if you take sleep aids, sedatives, thyroid, blood sugar, blood pressure, blood thinner, or cholesterol medications.

CONCOCTION 39 OF 42 · COVERED STEEP (BURNER OFF) (15 MIN) · EVENING PORCH MUG (AFTER 5:00 PM)

Quiet Mind Porch Garden

A gentle, fragrant garden cup for turning down the mental volume after dark.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Passionflower Vine
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Leads the blend for quiet evening presence when tomorrow's to-do list keeps looping.

[Best Friend · steep] American Skullcap
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Teams up smoothly with Passionflower for an unhurried, grounded evening pace.

[Cushion · steep] Catnip Leaf
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Adds cool, soft herbal comfort that feels light on an evening stomach.

[Spark · steep] Culinary Lavender Bud
1 Mug: 1/4 tsp | 1 Quart: 1 tsp
A tiny fragrant pinch lifts the grassy leaves into an inviting garden aroma.

Coach Bobby's Tip: Go easy on the Culinary Lavender Bud! A quarter teaspoon per mug gives you that luxury spa scent, while a heavy scoop can make your tea taste like fancy bath soap.

Some nights your body is tired from your daily walk, yet your brain still wants to run a marathon. Passionflower, Skullcap, and Catnip are soft-spoken green allies that take the edge off grassy flavors when kissed with just a tiny pinch of Lavender bud. Flavor: Mellow meadow grass, cool soft mint-herb, and a light whisper of sweet purple lavender.

HOW TO BREW IT:

1. Add Passionflower Vine, American Skullcap, Catnip Leaf, and a light pinch of Culinary Lavender Bud to your mug infuser or 32 oz jar.
2. Pour 8 to 12 oz of hot water over the leaves for one mug, or 32 oz for a mason jar batch.
3. Cover with a lid and steep for 15 minutes so the leafy herbs open up completely.
4. Strain well and sip slowly while you unplug from screens for the night.

Safety & Doctor Check: Check with your doctor and pharmacist before sipping if you are pregnant or nursing, take prescription sleep, mood, or cholesterol medications, or plan to drive soon after drinking.

CONCOCTION 40 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (30 MIN) · EVENING PORCH MUG (AFTER 5:00 PM)

Linden & Hawthorn Hearth Cup

Tart berry meets honeyed blossom for a cozy, post-dinner fireside mug.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Hawthorn Berry
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Builds a rich, tangy fruit base that gives the mug real body and warm comfort.

[Best Friend · steep] Linden Flower & Leaf
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Brings silky, natural floral sweetness that balances Hawthorn's fruity tartness.

[Cushion · steep] Damiana Leaf
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Adds an aromatic, slightly spiced evening warmth that pairs great with berries.

[Spark · simmer] Ginger Root
1 Mug: 1/2 tsp | 1 Quart: 1.5 tsp
Warms the belly after dinner and gives the fruit-and-flower blend a pleasant spark.

Coach Bobby's Tip: Let the Hawthorn berries and ginger simmer first so the pot turns a gorgeous ruby color, then let Linden's natural honeyed sweetness finish the job off the stove.

If plain floral teas feel too light for you after dinner, Hawthorn Berry and Ginger Root bring rich, fruity depth right out of the pot. Dropping Linden and Damiana in off the heat coats your palate in natural blossom smoothness so every sip feels comforting. Flavor: Tart ruby fruit, soft honeyed blossom, mild desert-herb warmth, and a cozy ginger kick.

HOW TO BREW IT:

1. Put Hawthorn Berries and Ginger Root into a small pot with 12 oz water for a mug, or 36 oz water for a quart.
2. Cover and simmer gently for 20 minutes until the berries plump up and tint the water ruby red.
3. Turn off the heat, drop in the Linden Flower & Leaf and Damiana Leaf, and cover immediately.
4. Steep off the burner for 10 minutes, strain into your mug, and enjoy warm after dinner.

Safety & Doctor Check: Hawthorn and Damiana should be cleared with your doctor and pharmacist first, especially if you take heart, blood pressure, blood thinner, or blood sugar medications, or if you are pregnant or nursing.

CONCOCTION 41 OF 42 · 2-STEP BREW (SIMMER ROOTS, STEEP LEAVES) (25 MIN) · 2:00 PM STEADY CUP

5 PM Clock-Out Porch Tonic

The bridge cup between closing your workday and settling into your evening.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · simmer] Rhodiola Root
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Simmered first to release its brisk, crisp character for shaking off heavy end-of-day fog.

[Best Friend · steep] Tulsi (Holy Basil)
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Smooths over Rhodiola's dry astringency with warm, grounding aroma.

[Cushion · steep] Lemon Balm Leaf
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Brings cool, lemony calm so your energy eases smoothly into the evening.

[Spark · steep] Hibiscus Petal
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Splashes the cup with tart berry tang and bright ruby color, great hot or over ice.

Coach Bobby's Tip: Keep this one for the 4:30 to 6:00 PM transition window rather than right before bed. Rhodiola helps shake off late-day fog, while Tulsi, Lemon Balm, and Hibiscus make it taste like a crisp fruit punch.

Rhodiola Root can taste dry and chalky when brewed by itself, and it can feel a little too bright right before bed. Putting it in this late-afternoon bridge cup with Lemon Balm, Tulsi, and tart Hibiscus turns it into a delicious clock-out ritual that clears the cobwebs without keeping you up past midnight. Flavor: Tart cranberry-hibiscus snap, bright lemon herb, warm clove spice, and subtle rose-root crispness.

HOW TO BREW IT:

1. Simmer Rhodiola Root in a covered pot with 12 oz water (for a mug) or 36 oz water (for a quart) for 15 minutes.
2. Turn off the burner and immediately add the Tulsi, Lemon Balm Leaf, and Hibiscus Petals.
3. Cover tightly and steep off the heat for 10 minutes until the broth turns deep ruby.
4. Strain into a warm mug for the porch, or pour into a mason jar over ice for a crisp 5 PM refresher.

Safety & Doctor Check: Check with your doctor and pharmacist before enjoying this blend if you are pregnant or nursing, or if you take mood, stimulant, blood pressure, blood sugar, thyroid, blood thinner, or cholesterol medications.

CONCOCTION 42 OF 42 · COVERED STEEP (BURNER OFF) (12 MIN) · EVENING PORCH MUG (AFTER 5:00 PM)

Sweet Dreams Porch Blanket

Zero bitterness, 100 percent cozy blossom and cool mint comfort before lights out.

4-PART KITCHEN FORMULA (1 MUG & 1 QUART):

[Main Star · steep] Linden Flower & Leaf
1 Mug: 1 tbsp | 1 Quart: 3 tbsp
Creates a velvety, naturally honey-scented base that feels soothing from the first sip.

[Best Friend · steep] Passionflower Vine
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Helps quiet lingering evening thoughts while blending seamlessly with floral notes.

[Cushion · steep] Catnip Leaf
1 Mug: 1 tsp | 1 Quart: 1 tbsp
Keeps the mug gentle and comforting on a settled nighttime belly.

[Spark · steep] Peppermint Leaf
1 Mug: 1/2 tsp | 1 Quart: 1.5 tsp
Adds a light, clean breath of mint to finish your night on a fresh note.

Coach Bobby's Tip: Use just a half teaspoon of Peppermint per mug so it stays a cool bedtime whisper rather than a wake-up blast.

Not everyone wants earthy roots or bitter greens at 9 PM. This silky, golden infusion leans on honey-sweet Linden blossoms with soft Catnip, Passionflower, and just a breath of Peppermint so even picky tea drinkers fall in love with their bedtime routine. Flavor: Silky honeyed linden, gentle meadow leaf, soft chamomile-like warmth, and a crisp cool mint finish.

HOW TO BREW IT:

1. Measure Linden Flower & Leaf, Passionflower Vine, Catnip Leaf, and Peppermint Leaf into your teapot or mason jar.
2. Pour 8 to 12 oz of hot water for one mug, or 32 oz for a full quart jar.
3. Cover with a lid and steep for 12 minutes so the blossoms turn the water golden and silky.
4. Strain and sip slowly as the last calm ritual before turning off the porch light.

Safety & Doctor Check: Check with your doctor and pharmacist first if you are pregnant or nursing, experience frequent acid reflux with mint, or take blood pressure, diuretic, sedative, or cholesterol medications.

COMPLETE 90-HERB KITCHEN INDEX (A TO Z)

Every single herb in Fruit Up Herb University with plant part, concoction role, brewing method, 1-mug & 1-quart kitchen amounts, and doctor/pharmacist safety check notes.

# HERB & BOTANICAL NAME	PART & ROLE	BREW & TIME	1 MUG / 1 QUART	DOCTOR & KITCHEN NOTE
01. Aged Cascara Sagrada Bark *Frangula purshiana*	**Woody Bark** Role: Main Star	**Covered Simmer** 20 min	**Mug: 1/2 tsp aged dried bark chips** Qt: 1.5 tsp aged dried bark chips	STRONG CAUTION: Occasional short-term adult herb only (use no more than a few days at a time, never as a daily habit). Do not use for children, during pregnancy or nursing, or if your belly feels crampy, and check with your doctor and pharmacist first, especially with heart, potassium, or water-pill meds.
02. Alfalfa Leaf *Medicago sativa*	**Soft Leaf** Role: Cushion	**Covered Steep** 12 min	**Mug: 1 tsp dried leaf** Qt: 1 tbsp + 1 tsp dried leaf	Naturally high in vitamin K and immune-active compounds. Please check with your doctor and pharmacist before using if you are pregnant, nursing, managing autoimmune concerns, or taking blood thinners or blood sugar prescriptions.
03. American Skullcap *Scutellaria lateriflora*	**Soft Leaf** Role: Best Friend	**Covered Steep** 15 min	**Mug: 1 tsp** Qt: 1 tbsp	Avoid during pregnancy or nursing, only use verified pure American Skullcap, and check with your doctor and pharmacist if you take sedatives, cholesterol drugs, or liver-processed medications.
04. Artichoke Leaf *Cynara cardunculus var. scolymus*	**Soft Leaf** Role: Main Star	**Covered Steep** 12 min	**Mug: 1 tsp dried cut leaf** Qt: 1 tbsp dried cut leaf	Avoid if you are allergic to artichokes or daisy-family flowers, and skip during pregnancy or nursing unless cleared. Check with your doctor and pharmacist first if you have gallbladder concerns or take cholesterol, blood-sugar, or fluid medications.
05. Ashwagandha Root *Withania somnifera*	**Woody Root** Role: Best Friend	**Covered Simmer** 20 min	**Mug: 1 tsp** Qt: 1 tbsp	Do not use during pregnancy. Check with your doctor and pharmacist before using if you have thyroid or autoimmune concerns, or take thyroid, blood sugar, blood pressure, or sedative medications.
06. Atlantic Kelp *Ascophyllum nodosum*	**Sea Moss / Kelp** Role: Best Friend	**Covered Simmer** 15 min	**Mug: 1/2 tsp dried granules or flakes** Qt: 2 tsp dried granules or flakes	Naturally concentrated in iodine and potassium. Check with your doctor and pharmacist before using regularly, especially if you are pregnant, nursing, watching thyroid levels, or taking blood thinners.
07. Bacopa Leaf *Bacopa monnieri*	**Soft Leaf** Role: Best Friend	**Covered Steep** 12 min	**Mug: 1 tsp dried leaf** Qt: 1 tbsp plus 1 tsp dried leaf	Check with your doctor and pharmacist first if you are pregnant, nursing, or taking thyroid medications or liver-metabolized prescriptions.
08. Bladderwrack *Fucus vesiculosus*	**Sea Moss / Kelp** Role: Best Friend	**Covered Simmer** 15 min	**Mug: 1/2 tsp cut fronds** Qt: 2 tsp cut fronds	Very rich in natural iodine and may interact with blood-thinning or blood sugar routines. Check with your doctor and pharmacist before using if you are pregnant, nursing, managing thyroid levels, or taking daily medications.
09. Blue Vervain *Verbena hastata*	**Soft Leaf** Role: Main Star	**Covered Steep** 10 min	**Mug: 1/2 tsp** Qt: 1.5 tsp	Do not use during pregnancy. Check with your doctor and pharmacist first if you take blood pressure or hormone medications, and space it away from iron-rich meals or supplements.

COMPLETE 90-HERB KITCHEN INDEX (CONTINUED)

# HERB & BOTANICAL NAME	PART & ROLE	BREW & TIME	1 MUG / 1 QUART	DOCTOR & KITCHEN NOTE
10. Burdock Root *Arctium lappa*	**Woody Root** Role: Best Friend	**Covered Simmer** 20 min	**Mug: 1 tsp cut dried root** Qt: 1 tbsp + 1 tsp cut dried root	Traditional diuretic root that may shift blood sugar or fluid balance. Check with your doctor and pharmacist first if you are pregnant, nursing, or taking water pills, blood thinners, or blood sugar prescriptions.
11. Calendula Petal *Calendula officinalis*	**Flower Petal** Role: Best Friend	**Covered Steep** 12 min	**Mug: 1 tbsp** Qt: 3 tbsp	Calendula belongs to the daisy and ragweed family and is traditionally skipped internally during pregnancy. Check with your doctor and pharmacist first if you have ragweed sensitivity, are pregnant or nursing, or take calming medications.
12. Catnip Leaf *Nepeta cataria*	**Soft Leaf** Role: Cushion	**Covered Steep** 12 min	**Mug: 1 tbsp** Qt: 3 tbsp	Avoid during pregnancy and check with your doctor and pharmacist first if you take prescription sleep aids or sedatives.
13. Cayenne Pepper Pinch *Capsicum annuum*	**Seed / Spice** Role: Spark	**Covered Steep** 5 min	**Mug: 1 tiny pinch (about 1/16 tsp)** Qt: 1/4 tsp	Cayenne can irritate sensitive stomachs or heartburn and may interact with blood thinners or certain blood pressure medications. Check with your doctor and pharmacist first.
14. Cerasee (Bitter Melon) Vine *Momordica charantia*	**Soft Leaf** Role: Main Star	**Covered Steep** 8 min	**Mug: 1 tsp dried vine and leaf** Qt: 1 tbsp dried vine and leaf	Gentle caution: Cerasee is very potent and best kept to occasional short seasonal runs, not nonstop daily use. Never use during pregnancy or nursing, and check with your doctor and pharmacist first if you take blood sugar medications.
15. Ceylon Cinnamon Stick *Cinnamomum verum*	**Woody Bark** Role: Best Friend	**Covered Simmer** 18 min	**Mug: 1/2 stick (about 1 tsp broken pieces)** Qt: 2 whole sticks	True Ceylon cinnamon is far gentler than Cassia, though daily amounts can still nudge blood sugar or interact with blood thinners. Check with your doctor and pharmacist first.
16. Chaga Chunks *Inonotus obliquus*	**Tonic Mushroom** Role: Main Star	**Covered Simmer** 25 min	**Mug: 1 tbsp small chunks** Qt: 1/4 cup small chunks	Check with your doctor and pharmacist first if you have a history of kidney stones (Chaga is naturally rich in oxalates), are pregnant or nursing, or take blood thinners, blood sugar, or immune medications.
17. Cleavers *Galium aparine*	**Soft Leaf** Role: Best Friend	**Cool Jar Soak** 180 min	**Mug: 1 tbsp** Qt: 3 tbsp	Cleavers gently encourages everyday fluid flow. Check with your doctor and pharmacist first if you are pregnant, nursing, take water pills, or monitor kidney or fluid balance.
18. Cordyceps Mushroom *Cordyceps militaris*	**Tonic Mushroom** Role: Main Star	**Covered Simmer** 20 min	**Mug: 1 tbsp dried slices or pieces** Qt: 1/4 cup dried slices or pieces	Check with your doctor and pharmacist first if you are pregnant, nursing, have mushroom sensitivities, or take blood thinners, blood sugar, or immune-related medications.
19. Corn Silk *Zea mays*	**Flower Petal** Role: Cushion	**Covered Steep** 10 min	**Mug: 1 tbsp** Qt: 3 tbsp	Corn Silk is naturally rich in potassium and encourages gentle fluid flow, and may mildly affect blood sugar or blood pressure. Check with your doctor and pharmacist first if you are pregnant, nursing, or take water pills, blood pressure, or blood sugar medications.
20. Cracked Black Peppercorn *Piper nigrum*	**Seed / Spice** Role: Spark	**Covered Simmer** 15 min	**Mug: 3 to 4 lightly cracked peppercorns** Qt: 1 tsp lightly cracked peppercorns	Black pepper can change how your body absorbs certain daily prescriptions such as statins or blood thinners. Check with your doctor and pharmacist first.
21. Culinary Lavender Bud *Lavandula angustifolia*	**Flower Petal** Role: Spark	**Covered Steep** 8 min	**Mug: 1/4 to 1/2 tsp** Qt: 1 to 1.5 tsp	Avoid concentrated amounts during pregnancy and check with your doctor and pharmacist if you take sedative medications or have hormone-sensitive health questions.

COMPLETE 90-HERB KITCHEN INDEX (CONTINUED)

# HERB & BOTANICAL NAME	PART & ROLE	BREW & TIME	1 MUG / 1 QUART	DOCTOR & KITCHEN NOTE
22. Damiana Leaf *Turnera diffusa*	**Soft Leaf** Role: Cushion	**Covered Steep** 10 min	**Mug: 1 tsp** Qt: 1 tbsp	Avoid during pregnancy or nursing, and check with your doctor and pharmacist first if you take blood sugar medications or have hormone-sensitive health questions.
23. Dandelion Leaf *Taraxacum officinale*	**Soft Leaf** Role: Best Friend	**Covered Steep** 10 min	**Mug: 1 to 2 tsp dried leaf** Qt: 1.5 to 2 tbsp dried leaf	Naturally high in potassium and fluid-moving, so check with your doctor and pharmacist first if you take water pills, blood pressure or blood-sugar medications, or have ragweed-family sensitivities.
24. Dried Elderberry *Sambucus nigra*	**Berry / Peel** Role: Main Star	**Covered Simmer** 25 min	**Mug: 1 tbsp** Qt: 1/3 cup	Always cook or simmer dried elderberries well before drinking. Check with your doctor and pharmacist first if you are pregnant, nursing, managing an autoimmune concern, or taking immune-modulating medications.
25. Dried Key Lime Peel *Citrus aurantiifolia*	**Berry / Peel** Role: Spark	**Covered Steep** 10 min	**Mug: 1 tsp** Qt: 1 tbsp	Lime peel oils can interact with certain daily prescriptions such as statins or blood pressure medications. Choose unwaxed organic peel and check with your doctor and pharmacist first.
26. Echinacea Purpurea *Echinacea purpurea*	**Flower Petal** Role: Main Star	**Covered Steep** 12 min	**Mug: 1 tbsp** Qt: 3 tbsp	Echinacea is an active seasonal botanical in the daisy family that can interact with immune-related or liver-processed medications. Check with your doctor and pharmacist first if you have ragweed sensitivity, an autoimmune concern, are pregnant or nursing, or take daily prescriptions.
27. Elderflower *Sambucus nigra*	**Flower Petal** Role: Cushion	**Covered Steep** 10 min	**Mug: 1 tbsp** Qt: 3 tbsp	Elderflower gently encourages fluid flow and seasonal vitality. Check with your doctor and pharmacist first if you are pregnant, nursing, or taking water pills or immune-related medications.
28. Elecampane Root *Inula helenium*	**Woody Root** Role: Main Star	**Covered Simmer** 18 min	**Mug: 1/2 tsp** Qt: 2 tsp	Elecampane belongs to the daisy and ragweed family and may shift blood sugar or blood pressure in larger amounts. Check with your doctor and pharmacist first if you are pregnant, nursing, sensitive to ragweed, or take blood sugar or blood pressure medications.
29. Eleuthero Root *Eleutherococcus senticosus*	**Woody Root** Role: Best Friend	**Covered Simmer** 20 min	**Mug: 1 tsp cut dried root** Qt: 1 tbsp plus 1 tsp cut dried root	Check with your doctor and pharmacist first if you are pregnant, nursing, or taking blood thinners, blood pressure, blood sugar, or immune-related medications.
30. Fenugreek Seed *Trigonella foenum-graecum*	**Seed / Spice** Role: Cushion	**Covered Simmer** 15 min	**Mug: 1 tsp** Qt: 1 tbsp	Fenugreek can shift blood sugar, interact with blood thinners or thyroid medications, affect folks with peanut or chickpea sensitivities, and should be avoided during pregnancy. Check with your doctor and pharmacist first.
31. Fresh Ginger Root *Zingiber officinale*	**Woody Root** Role: Spark	**Covered Simmer** 15 min	**Mug: 3 thin fresh slices (about 1 tsp)** Qt: 1 tbsp thinly sliced fresh root	Fresh ginger is lively in the body and can interact with blood-thinning, blood-pressure, and blood-sugar medications. Check with your doctor and pharmacist first, especially before surgical procedures or if pregnant.
32. Fresh or Dried Turmeric Root *Curcuma longa*	**Woody Root** Role: Main Star	**Covered Simmer** 20 min	**Mug: 1 tsp dried (or 1 tbsp sliced fresh)** Qt: 1 tbsp dried (or 3 tbsp sliced fresh)	Concentrated turmeric can interact with blood thinners, cholesterol prescriptions, and blood sugar medications, and may bother sensitive gallbladders. Check with your doctor and pharmacist first.

COMPLETE 90-HERB KITCHEN INDEX (CONTINUED)

# HERB & BOTANICAL NAME	PART & ROLE	BREW & TIME	1 MUG / 1 QUART	DOCTOR & KITCHEN NOTE
33. Garden Sage Leaf *Salvia officinalis*	**Soft Leaf** Role: Best Friend	**Covered Steep** 10 min	**Mug: 1 tsp dried leaf** Qt: 1 tbsp plus 1 tsp dried leaf	Avoid medicinal tea amounts during pregnancy or nursing (sage is traditionally avoided while breastfeeding), and check with your doctor and pharmacist if you take blood sugar or blood pressure medications.
34. Garden Thyme Leaf *Thymus vulgaris*	**Soft Leaf** Role: Best Friend	**Covered Steep** 10 min	**Mug: 1 tsp** Qt: 1 tbsp	Culinary sprinkles in food are everyday kitchen fare, while stronger herbal cups should be cleared with your doctor and pharmacist first if you are pregnant, nursing, or take blood thinners.
35. Gelatinized Maca Root *Lepidium meyenii*	**Woody Root** Role: Cushion	**Covered Steep** 5 min	**Mug: 1 tsp gelatinized powder** Qt: 1 tbsp plus 1 tsp gelatinized powder	Check with your doctor and pharmacist first if you are pregnant, nursing, have thyroid or hormone-sensitive considerations, or take thyroid medications.
36. Gentian Root *Gentiana lutea*	**Woody Root** Role: Main Star	**Covered Simmer** 20 min	**Mug: 1/4 to 1/2 tsp dried cut root** Qt: 1 to 1.5 tsp dried cut root	Traditional strong bitter to skip during pregnancy, nursing, or if your stomach lining feels sensitive or overly acidic. Check with your doctor and pharmacist first, especially if taking stomach-acid or blood pressure medications.
37. German Chamomile Flower *Matricaria recutita*	**Flower Petal** Role: Cushion	**Covered Steep** 10 min	**Mug: 1 tbsp** Qt: 3 tbsp	Check with your doctor and pharmacist before regular use if you are allergic to ragweed or daisies, or if you take blood thinners, cholesterol medications, or sedatives.
38. Ginkgo Biloba Leaf *Ginkgo biloba*	**Soft Leaf** Role: Main Star	**Covered Steep** 12 min	**Mug: 1 tsp dried leaf** Qt: 1 tbsp plus 1 tsp dried leaf	Check with your doctor and pharmacist first if you are pregnant, nursing, scheduled for surgery, or taking blood thinners, aspirin, blood sugar, or cholesterol medications.
39. Gold Sea Moss *Eucheuma cottonii / Gracilaria*	**Sea Moss / Kelp** Role: Main Star	**Sea Moss Gel** 10 min	**Mug: 1 to 2 tbsp prepared gel** Qt: 1/2 cup packed dry moss (yields 1 quart gel)	Naturally rich in iodine and potassium. Please check with your doctor and pharmacist first if you are pregnant, nursing, watching thyroid or kidney levels, or taking thyroid or heart prescriptions.
40. Gotu Kola Leaf *Centella asiatica*	**Soft Leaf** Role: Main Star	**Covered Steep** 12 min	**Mug: 1 tsp cut leaf** Qt: 1 tbsp plus 1 tsp cut leaf	Check with your doctor and pharmacist first if you are pregnant, nursing, have liver concerns, or take cholesterol, sleep, or liver-metabolized medications.
41. Green Cardamom Pod *Elettaria cardamomum*	**Seed / Spice** Role: Spark	**Covered Simmer** 15 min	**Mug: 2 lightly crushed green pods** Qt: 6 lightly crushed green pods	Kitchen pinches are gentle, though concentrated cardamom teas should be cleared with your doctor and pharmacist first if you have gallbladder concerns or take blood-thinning or blood-pressure meds.
42. Guava Leaf *Psidium guajava*	**Soft Leaf** Role: Main Star	**Covered Steep** 12 min	**Mug: 1 tbsp crushed dried leaves (or 2 medium whole leaves)** Qt: 3 tbsp crushed dried leaves (or 6 to 8 whole leaves)	Guava leaf tea can gently nudge blood sugar and blood pressure levels. Check with your doctor and pharmacist first if you take daily medications or are pregnant or nursing.
43. Hawthorn Berry *Crataegus monogyna*	**Berry / Peel** Role: Main Star	**Covered Simmer** 20 min	**Mug: 1 tbsp** Qt: 3 tbsp	Hawthorn can interact strongly with heart and circulation routines. Always check with your doctor and pharmacist first if you take blood pressure, heart, or blood thinner medications, or if you are pregnant or nursing.

COMPLETE 90-HERB KITCHEN INDEX (CONTINUED)

# HERB & BOTANICAL NAME	PART & ROLE	BREW & TIME	1 MUG / 1 QUART	DOCTOR & KITCHEN NOTE
44. Hibiscus Sabdariffa Petal *Hibiscus sabdariffa*	**Flower Petal** Role: Main Star	**Covered Steep** 8 min	**Mug: 1 tbsp** Qt: 1/4 cup	Hibiscus can gently pairs with relaxed vascular habits, encourage fluid flow, and modestly affect how the liver handles certain drugs. Check with your doctor and pharmacist first if you are pregnant, nursing, or take blood pressure, water pill, or statin medications.
45. Horsetail (Shavegrass) *Equisetum arvense*	**Soft Leaf** Role: Main Star	**Covered Simmer** 18 min	**Mug: 1 tsp cut dried herb** Qt: 1 tbsp + 1 tsp cut dried herb	Strong traditional diuretic that is best enjoyed in periodic cycles rather than nonstop daily use. Check with your doctor and pharmacist first if you are pregnant, nursing, have kidney concerns, or take water pills, lithium, or blood pressure medications.
46. Jamaican Sorrel Calyx *Hibiscus sabdariffa*	**Flower Petal** Role: Main Star	**Covered Steep** 12 min	**Mug: 1 tbsp dried calyces** Qt: 1/4 cup dried calyces	Sorrel can nudge blood pressure down, acts as a mild diuretic, and is traditionally avoided during pregnancy. Check with your doctor and pharmacist first if you take blood pressure or daily prescriptions.
47. Lemon Balm Leaf *Melissa officinalis*	**Soft Leaf** Role: Main Star	**Covered Steep** 10 min	**Mug: 1 tbsp** Qt: 3 tbsp	Check with your doctor and pharmacist first if you take thyroid medication or prescription sleep aids, as Lemon Balm can interact with thyroid routines and add to drowsiness.
48. Lemongrass Stalk *Cymbopogon citratus*	**Soft Leaf** Role: Main Star	**Covered Steep** 12 min	**Mug: 1 tbsp chopped dried (or 1 bruised 4-inch fresh stalk)** Qt: 3 tbsp dried (or 3 bruised fresh stalks)	Lemongrass can act as a mild diuretic and concentrated teas are traditionally avoided during pregnancy. Check with your doctor and pharmacist first.
49. Licorice Root *Glycyrrhiza glabra*	**Woody Root** Role: Cushion	**Covered Simmer** 15 min	**Mug: 1/2 tsp** Qt: 2 tsp	Important kitchen flag: Licorice Root can raise blood pressure and lower potassium if used frequently. Skip it if you monitor blood pressure, are pregnant or nursing, or take heart, steroid, statin, or water pill medications, and check with your doctor and pharmacist first.
50. Linden Flower & Leaf *Tilia cordata*	**Flower Petal** Role: Main Star	**Covered Steep** 12 min	**Mug: 1 tbsp** Qt: 3 tbsp	Check with your doctor and pharmacist first if you take blood pressure medications, diuretics, lithium, or heart medications, or if you are pregnant or nursing.
51. Lion's Mane Mushroom *Hericium erinaceus*	**Tonic Mushroom** Role: Main Star	**Covered Simmer** 25 min	**Mug: 1 tbsp dried slices** Qt: 1/4 cup dried slices	Check with your doctor and pharmacist before adding functional mushrooms to your routine if you have mushroom allergies, are pregnant or nursing, or take blood sugar or immune-related medications.
52. Marshmallow Root *Althaea officinalis*	**Woody Root** Role: Cushion	**Cool Jar Soak** 120 min	**Mug: 1 tbsp cut dried root** Qt: 3 tbsp cut dried root	Because marshmallow root coats your digestive tract in soothing plant silk, it can slow down how oral pills absorb. Take medications or supplements 1 to 2 hours apart, and check with your doctor and pharmacist first if you manage blood sugar.
53. Meadowsweet *Filipendula ulmaria*	**Flower Petal** Role: Cushion	**Covered Steep** 12 min	**Mug: 1 to 1.5 tsp dried tops** Qt: 1 to 1.5 tbsp dried tops	Meadowsweet contains natural aspirin-like plant compounds. Skip it if you are sensitive to aspirin, pregnant, nursing, or giving tea to children, and check with your doctor and pharmacist first if you take blood thinners.

COMPLETE 90-HERB KITCHEN INDEX (CONTINUED)

# HERB & BOTANICAL NAME	PART & ROLE	BREW & TIME	1 MUG / 1 QUART	DOCTOR & KITCHEN NOTE
54. Milk Thistle Seed *Silybum marianum*	**Seed / Spice** Role: Best Friend	**Covered Simmer** 20 min	**Mug: 1 tsp freshly crushed seeds** Qt: 1 tbsp freshly crushed seeds	Milk thistle can change how your body processes several prescription medications, including statins and blood-sugar routines, and belongs to the ragweed plant family. Always check with your doctor and pharmacist first.
55. Milky Oat Tops *Avena sativa*	**Seed / Spice** Role: Best Friend	**Covered Simmer** 15 min	**Mug: 1 tbsp** Qt: 3 tbsp	Generally very gentle as a kitchen tea, though anyone with celiac disease or severe oat sensitivity should choose certified gluten-free oat tops and check with their doctor and pharmacist.
56. Moringa Leaf *Moringa oleifera*	**Soft Leaf** Role: Best Friend	**Cool Jar Soak** 5 min	**Mug: 1/2 tsp leaf powder (or 1 tsp cut leaf)** Qt: 2 tsp leaf powder (or 1 tbsp + 1 tsp cut leaf)	May shift blood sugar or blood pressure and interact with thyroid or liver-processed prescriptions like statins. Check with your doctor and pharmacist first if you are pregnant, nursing, or take daily medications.
57. Mullein Leaf *Verbascum thapsus*	**Soft Leaf** Role: Main Star	**Covered Steep** 12 min	**Mug: 1 tbsp** Qt: 1/4 cup	Mullein Leaf is gentle in traditional kitchen cups, though its tiny hairs should always be filtered out well. Check with your doctor and pharmacist first if you are pregnant, nursing, or taking daily medications.
58. Oatstraw *Avena sativa*	**Soft Leaf** Role: Best Friend	**Covered Steep** 480 min	**Mug: 1 tbsp dried oatstraw** Qt: 1/3 cup dried oatstraw	One of the gentlest herbs in the kitchen, though dried oatstraw can carry trace cross-contact from grain fields. Check with your doctor and pharmacist if you avoid gluten strictly or take daily prescriptions.
59. Oregano Leaf *Origanum vulgare*	**Soft Leaf** Role: Best Friend	**Covered Steep** 10 min	**Mug: 1/2 tsp** Qt: 2 tsp	Normal cooking amounts are gentle, but concentrated Oregano cups can mildly affect blood clotting and blood sugar. Check with your doctor and pharmacist first if you are pregnant, nursing, or take blood thinners or blood sugar medications.
60. Panax Red Ginseng Root *Panax ginseng*	**Woody Root** Role: Main Star	**Covered Simmer** 20 min	**Mug: 1 tsp sliced dried root** Qt: 1 tbsp plus 1 tsp sliced dried root	Check with your doctor and pharmacist first if you are pregnant, nursing, or taking blood thinners, blood pressure, blood sugar, immune, or cholesterol medications.
61. Passionflower Vine *Passiflora incarnata*	**Soft Leaf** Role: Main Star	**Covered Steep** 15 min	**Mug: 1 to 2 tsp** Qt: 2 tbsp	Avoid during pregnancy and check with your doctor and pharmacist first if you take prescription sedatives, mood medications, or sleep aids.
62. Peppermint Leaf *Mentha x piperita*	**Soft Leaf** Role: Spark	**Covered Steep** 10 min	**Mug: 1 to 1.5 tsp dried leaf** Qt: 1.5 to 2 tbsp dried leaf	Peppermint can occasionally make upper-chest warmth feel stronger if your stomach valve is sensitive; switch to Spearmint Leaf if that happens. Check with your doctor and pharmacist first if you take statins or prescription routines.
63. Plantain Leaf *Plantago major*	**Soft Leaf** Role: Main Star	**Covered Steep** 12 min	**Mug: 1 tbsp** Qt: 3 tbsp	Plantain Leaf is gentle and food-like, though its natural leaf nutrients and soothing fibers make it smart to space away from pills. Check with your doctor and pharmacist first if you are pregnant, nursing, or take blood thinners.
64. Purple Sea Moss *Chondrus crispus*	**Sea Moss / Kelp** Role: Main Star	**Sea Moss Gel** 10 min	**Mug: 1 to 2 tbsp prepared gel** Qt: 1/2 cup packed dry moss (yields 1 quart gel)	Naturally rich in iodine and potassium. Check with your doctor and pharmacist before adding sea moss gel to your daily routine, especially if you are pregnant, nursing, watching thyroid or kidney levels, or taking daily prescriptions.

# HERB & BOTANICAL NAME	PART & ROLE	BREW & TIME	1 MUG / 1 QUART	DOCTOR & KITCHEN NOTE
65. Red Clover Blossom *Trifolium pratense*	**Flower Petal** Role: Main Star	**Covered Steep** 12 min	**Mug: 1 tbsp** Qt: 3 tbsp	Red Clover contains gentle natural plant compounds that can interact with blood thinners and hormone-sensitive routines. Check with your doctor and pharmacist first if you are pregnant, nursing, or take daily prescriptions.
66. Red Raspberry Leaf *Rubus idaeus*	**Soft Leaf** Role: Cushion	**Covered Steep** 12 min	**Mug: 1 tbsp dried leaf** Qt: 1/4 cup dried leaf	Traditionally used with specific pregnancy-timing guidance. Always check with your doctor or OB and pharmacist before drinking if you are pregnant, nursing, or taking daily medications.
67. Red Rooibos *Aspalathus linearis*	**Soft Leaf** Role: Cushion	**Covered Steep** 10 min	**Mug: 1 tsp** Qt: 1 tbsp	Red rooibos is caffeine-free and very gentle for daily kitchen sipping, though anyone with liver sensitivities or daily prescriptions should check with their doctor and pharmacist first.
68. Reishi Mushroom Slice *Ganoderma lucidum*	**Tonic Mushroom** Role: Main Star	**Covered Simmer** 25 min	**Mug: 1 tbsp dried slices** Qt: 1/4 cup dried slices	Check with your doctor and pharmacist first if you are pregnant, nursing, preparing for surgery, or taking blood thinners, blood pressure, blood sugar, or immune-modulating medications.
69. Rhodiola Root *Rhodiola rosea*	**Woody Root** Role: Main Star	**Covered Simmer** 15 min	**Mug: 1 tsp** Qt: 1 tbsp	Avoid during pregnancy or nursing, and check with your doctor and pharmacist first if you take mood, stimulant, blood pressure, blood sugar, immune, or cholesterol medications.
70. Roasted Dandelion Root *Taraxacum officinale*	**Woody Root** Role: Main Star	**Covered Simmer** 20 min	**Mug: 1 tbsp roasted root** Qt: 4 tbsp (1/4 cup) roasted root	Naturally diuretic and rich in potassium, and may shift blood sugar or blood pressure. Check with your doctor and pharmacist before sipping daily if you take water pills, blood thinners, or daily prescriptions, or have daisy-family allergies.
71. Rosemary Sprig *Salvia rosmarinus*	**Soft Leaf** Role: Spark	**Covered Steep** 10 min	**Mug: 1 small 3-inch fresh sprig (or 1/2 tsp dried)** Qt: 3 fresh sprigs (or 2 tsp dried)	Stick to everyday culinary tea amounts and check with your doctor and pharmacist first if you are pregnant, nursing, or taking blood thinners or blood pressure medications.
72. Ruby Beet Root *Beta vulgaris*	**Woody Root** Role: Best Friend	**Covered Simmer** 20 min	**Mug: 1 tsp dried beet cubes (or 1 tsp powder)** Qt: 1 tbsp plus 1 tsp dried beet cubes	Check with your doctor and pharmacist first if you have kidney stone concerns, monitor potassium closely, or take blood pressure or blood sugar medications.
73. Sarsaparilla Root *Smilax ornata*	**Woody Root** Role: Main Star	**Covered Simmer** 20 min	**Mug: 2 tsp cut root** Qt: 2 tbsp + 2 tsp cut root	Has mild diuretic activity and can change how some oral medications absorb in the stomach. Check with your doctor and pharmacist first if you are pregnant, nursing, or taking daily prescriptions.
74. Schisandra Berry *Schisandra chinensis*	**Berry / Peel** Role: Spark	**Covered Simmer** 15 min	**Mug: 1 tsp whole dried berries** Qt: 1 tbsp plus 1 tsp whole dried berries	Check with your doctor and pharmacist first if you are pregnant, nursing, or taking cholesterol, blood sugar, or liver-metabolized prescription medications.
75. Senna Leaf *Senna alexandrina*	**Soft Leaf** Role: Main Star	**Covered Steep** 10 min	**Mug: 1/2 tsp dried cut leaf** Qt: 1.5 tsp dried cut leaf	STRONG CAUTION: Occasional short-term adult herb only (1 to 2 nights at most, never daily). Keep away from children, skip during pregnancy or nursing, and check with your doctor and pharmacist first, especially if you take heart, blood-thinning, or fluid-balance medications.

COMPLETE 90-HERB KITCHEN INDEX (CONTINUED)

# HERB & BOTANICAL NAME	PART & ROLE	BREW & TIME	1 MUG / 1 QUART	DOCTOR & KITCHEN NOTE
76. Slippery Elm Inner Bark *Ulmus rubra*	**Woody Bark** Role: Cushion	**Cool Jar Soak** 15 min	**Mug: 1/2 tsp inner bark powder** Qt: 1.5 tsp inner bark powder	Slippery elm's thick plant silk can block or slow down oral medications if taken together, so space pills 1 to 2 hours apart. Avoid during pregnancy unless cleared, and check with your doctor and pharmacist first.
77. Soursop (Graviola) Leaf *Annona muricata*	**Soft Leaf** Role: Main Star	**Covered Steep** 12 min	**Mug: 1 to 2 dried leaves (about 1 tsp crumbled)** Qt: 4 to 6 dried leaves (about 1 tbsp crumbled)	Gentle caution: enjoy soursop leaf tea only occasionally (a few cups a week, not heavy nonstop daily use for months), skip if pregnant or nursing, and check with your doctor and pharmacist first if you take blood pressure or blood sugar medications.
78. Spearmint Leaf *Mentha spicata*	**Soft Leaf** Role: Cushion	**Covered Steep** 10 min	**Mug: 1.5 tsp dried leaf** Qt: 1.5 tbsp dried leaf	Very gentle for most everyday kitchens, though anyone with mint allergies or active medical routines should check with their doctor and pharmacist first.
79. Spirulina *Arthrospira platensis*	**Sea Moss / Kelp** Role: Spark	**Cool Jar Soak** 1 min	**Mug: 1/4 tsp powder** Qt: 1 tsp powder	Choose clean, lab-tested sourcing and check with your doctor and pharmacist before using if you are pregnant, nursing, managing PKU or autoimmune concerns, or taking blood thinners, blood sugar, or blood pressure prescriptions.
80. Star Anise *Illicium verum*	**Seed / Spice** Role: Spark	**Covered Simmer** 15 min	**Mug: 1 whole eight-point star pod** Qt: 3 whole eight-point star pods	Use only culinary Chinese star anise from a trusted grocer, skip concentrated herbal amounts during pregnancy, nursing, or for young children, and check with your doctor and pharmacist first if on blood-thinning meds.
81. Stinging Nettle Leaf *Urtica dioica*	**Soft Leaf** Role: Main Star	**Covered Steep** 480 min	**Mug: 1 tbsp dried leaf** Qt: 1/3 cup dried leaf	Rich in potassium and plant vitamin K, and naturally diuretic. Check with your doctor and pharmacist first if you are pregnant, nursing, watching potassium, or taking blood thinners, water pills, or blood pressure medications.
82. Sweet Fennel Seed *Foeniculum vulgare*	**Seed / Spice** Role: Spark	**Covered Steep** 12 min	**Mug: 1 tsp lightly crushed seeds** Qt: 1 tbsp lightly crushed seeds	While light pantry sprinkles are common in cooking, skip concentrated herbal fennel teas during pregnancy, nursing, or hormone-sensitive routines, and check with your doctor and pharmacist first if you take blood-thinning medications.
83. Sweet Orange Peel *Citrus sinensis*	**Berry / Peel** Role: Spark	**Covered Steep** 10 min	**Mug: 1 tsp** Qt: 1 tbsp	Sweet orange peel is gentle for most kitchens when sourced unwaxed and organic, though anyone taking daily prescriptions should still check with their doctor and pharmacist first.
84. Tulsi (Holy Basil) *Ocimum tenuiflorum*	**Soft Leaf** Role: Best Friend	**Covered Steep** 10 min	**Mug: 1 tbsp** Qt: 3 tbsp	Avoid if pregnant or trying to conceive, and check with your doctor and pharmacist first if you take blood sugar, blood thinner, thyroid, or immune-related medications.
85. Turkey Tail Mushroom *Trametes versicolor*	**Tonic Mushroom** Role: Best Friend	**Covered Simmer** 25 min	**Mug: 1 tbsp dried strips or pieces** Qt: 1/4 cup dried strips or pieces	Check with your doctor and pharmacist first if you are pregnant, nursing, have mushroom allergies, or take immune-modulating medications.
86. Valerian Root *Valeriana officinalis*	**Woody Root** Role: Main Star	**Covered Simmer** 18 min	**Mug: 1/2 tsp** Qt: 1.5 tsp	Causes noticeable drowsiness for many people. Avoid during pregnancy or nursing, do not combine with alcohol or sleep prescriptions, and check with your doctor and pharmacist if you take daily medications.

COMPLETE 90-HERB KITCHEN INDEX (CONTINUED)

# HERB & BOTANICAL NAME	PART & ROLE	BREW & TIME	1 MUG / 1 QUART	DOCTOR & KITCHEN NOTE
87. Whole Allspice Berry *Pimenta dioica*	**Berry / Peel** Role: Best Friend	**Covered Simmer** 15 min	**Mug: 2 to 3 crushed berries** Qt: 8 to 10 crushed berries	Whole allspice contains natural spice oils similar to clove that can interact with blood-thinning medications. Check with your doctor and pharmacist first.
88. Whole Clove Bud *Syzygium aromaticum*	**Flower Petal** Role: Spark	**Covered Simmer** 15 min	**Mug: 2 to 3 whole buds** Qt: 8 to 10 whole buds	Clove buds can slow blood clotting and interact with blood-thinning or blood sugar prescriptions. Check with your doctor and pharmacist first before using heavily.
89. Whole Rosehips *Rosa canina*	**Berry / Peel** Role: Best Friend	**Covered Simmer** 18 min	**Mug: 1 tbsp** Qt: 1/4 cup	Whole Rosehips are a gentle kitchen fruit, though concentrated cups can mildly encourage fluid flow or affect iron absorption. Check with your doctor and pharmacist first if you have a history of kidney stones, are pregnant or nursing, or take daily medications.
90. Yellow Dock Root *Rumex crispus*	**Woody Root** Role: Best Friend	**Covered Simmer** 20 min	**Mug: 1 tsp cut root** Qt: 1 tbsp + 1 tsp cut root	Contains natural compounds that can gently nudge bowel movement and is not recommended during pregnancy or nursing. Check with your doctor and pharmacist first if you have kidney sensitivities or take daily medications.

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