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Organic Chamomile steeping instructions from Intelligentsia Tea Traders

Use fresh tap water, preferably filtered to remove chlorine. Bottled waters labeled "spring water" work best. Distilled, mineral, or water labeled as "drinking water" should be avoided as they tend to have too much or too little mineral content to produce an ideal cup. In general, softer water requires a shorter steeping time and harder water requires a longer steeping time.

To obtain the best results from herbal infusions, use a 12-20 oz pot made of ceramic or glass, preferably with a strainer built into the spout. If your pot does utilize an infuser basket, make sure it's large enough to allow the tea leaves full contact with the water. If your pot is too large, however, it will yield a watery cup.

Use water that has been heated to a boil and allowed to rest until the bubbling stops. Before adding tea leaves and your heated water, rinse your pot with warm water. Do not use a cool pot to make your tea as it will reduce your water temperature.

Since herbal infusions don't possess the astringent properties found in teas, your dose can be determined by the strength of beverage you prefer. A good guideline is 3-5 grams of leaf for 6-8 oz of water. For a stronger cup, use more tea or steep for a longer amount of time.

Steep the tea for 4-7 minutes. The quality and composition of the water dramatically affects the steeping time so you should experiment to find a time that suits your palate.