Chamomile Tea

The sweetly scented chamomile flower heads are the part of the herb used to make a delicately flavoured herb tea. This is the most important of all herb teas, made famous in Beatrix Potter's 'Tale of Peter Rabbit'. The flower heads can be harvested and dried, and will retain their flavour for up to a year.

Traditional recipes call for 1 oz (25 g) of flower heads to be steeped in boiling water for 3 or 4 minutes in a covered jug – to prevent the escape of the aromatic steam. The resulting tea can be sweetened to taste with honey or sugar if desired.