# Fennel tea

A fresh aniseed taste which is slightly sweet which is very refreshing.

Use seeds from plants which you have in your garden for culinary use or dried seeds from a spice pot.

Crush one tablespoon per person in a pestle and mortar, just enough to release the flavour.
Pour over freshly boiled water and leave to steep for 5 minutes, before straining and drinking.

As well as being a refreshing drink fennel tea is said to help sore throats and also relieve digestive problems. In winter add a slice of fresh ginger, lightly bruised, to the fennel seeds for a warming drink.