

YIELD: 1 CUP

BEE BALM TEA

Bee balm tea (wild bergamot or oswego tea) has a delicious, slightly minty flavor. It is simple to make using either dried or fresh monarda right out of your garden.

PREP TIME	COOK TIME	TOTAL TIME
5 minutes	5 minutes	10 minutes

INGREDIENTS

- 1 cup water
- 3-4 fresh picked or dried bee balm leaves (or use as many as you like for desired flavor)
- 4-5 bee balm flower petals (optional)

INSTRUCTIONS

1. **Boil the water** - Bring water to a boil in your teapot or other container.
2. **Fill your infuser** - Put the leaves and flower petals into your tea infuser. If you don't have an infuser, you can drop fresh leaves and flowers into the cup whole (you'll just need to strain them out later).
3. **Fill the cup** - Pour boiling water over the top of the tea to fill the cup, and then stir it around to remove any air bubbles that may be inside of the infuser.
4. **Steep your tea** - Allow it to steep for 5-10 minutes, or until it reaches the desired flavor. I recommend covering the cup to keep the water warm while it steeps.
5. **Remove the tea from the water** - Pull out the infuser, or strain the loose leaves and petals out with a fork or mini kitchen strainer.
6. **Sweeten it (optional)** - Add sweetener, like sugar or honey, to taste if desired.
7. **Enjoy!** - Now you can sit back, relax, and enjoy your homemade bee balm tea. Yum!

NOTES

If your tea is too strong, you can add more water, and use fewer leaves next time. If it's too weak, add a few more leaves, or allow it to steep longer next time.

Though there are many known health benefits of drinking oswego tea, there are

also some possible side effects. So make sure you to [do your research](#) before you decide if this is something you'd like to try.

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