

Taiga Tea

Fireweed (Chamerion angustifolium)

Hand Gathered, rolled & dried

Birthered in Siberia this old-world beverage known as kapporie or kapor tea is prepared in the same time-honoured method as *Camellia sinensis* (black tea leaves). When the rolled leaves are exposed to oxygen and moisture, they start to oxidize transforming leaves from green to a dark brown-greenish-black colour and then dried slowly at low temperatures. Vitamins A, B, C and many minerals including magnesium along with its anti-inflammatory, antimicrobial and antiseptic benefits makes this a great cup of caffeine free Tea. ~ Beverley Gray, Herbalist

beverleygray.com ~ borealherbal.com ~ aromaborealis.com.



1. Gather fireweed leaves.



2. Wilt leaves for up to 24 hours or until the spine of the leaf doesn't snap when folded.



3. Roll leaves in-between the palms of your hands to break down leaf cells.



4. Rolled leaves are ready to start the oxidation process.



5. Spread rose petals or fireweed flowers over top of rolled leaves to keep them moist and add a light floral aroma (optional).



6. Cover the bowl with a moist cloth for 24-48 hours or until the leaves are dark green/brown/black.



7. Darkened leaves are ready to dry on a tray in the oven at the lowest temp and fan setting until fully dried. This can take up to 4 hours.



8. Once dried store tea in a jar and out of sunlight. Steep 1-tsp leaves, loose or in a stainer to a cup of boiled water for 10 min,



9. Tealicious!
Add honey and milk if desired.!