

CHRYSANTHEMUM GOJI BERRY TEA

Traditional Chinese flower tea (Chrysanthemum) with Goji berry.

Prep time: 5 minutes

Waiting time: 5 minutes

Serves: 2

In Chinese restaurants, this tea is most commonly served after a meal to help with digestion.

Please note: Avoid Goji berries (wolfberries) from this recipe if you are taking blood thinning medications. Some people are allergic to chrysanthemums. Caution is advised when using fresh flowers if you suffer from seasonal allergies as it may make them worse. If you're pregnant or breastfeeding, please consult your doctor first before trying them.

WHAT YOU'LL NEED

- 3 tbsp Chrysanthemum
- 3 tsp Goji berry (about 20 goji berries)
- 3 cups boiling water
- Honey, stevia or sweetener (to taste)

TO MAKE TEA

1. Boil a kettle for hot water. While water is heating up, rinse goji berries and chrysanthemum and place into cups
2. Pour hot water into cups and add sweetener to taste
3. Let steep for 5 minutes (For deeper flavor, either add more ingredients or let steep for a longer time)
4. Enjoy!

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CREATIONS AND
HASHTAG #ROSEHIVEBOX!



Food Therapy in Traditional Chinese Medicine

CHIA SEED BARS

These delicious Health Warrior Chia Bars are high in antioxidants and fiber, and may help to regulate blood sugar.

How To Use: Open and enjoy!

MATCHA

Although matcha green tea is typically consumed warm, it is actually considered cool in nature according to Traditional Chinese Medicine. Matcha helps regulate body temperature, so when you're hot during the summer, reach for some warm matcha green tea instead of an iced water. It is also known in TCM to clear the mind, improve memory, increase energy, and uplift your mood.

How To Use: Use a scoop of Matcha in smoothies or with hot water and milk as a latte.

SEAWEED SNACKS

In TCM seaweed is called *Hai zao*; it is packed with iodine, helping to regulate the thyroid gland. Since it does have some sodium, it also promotes urination and reduces edema.

How To Use: Open and enjoy these as a snack.

CHRYSANTHEMUM

In Mandarin, *Ju hua*, is in the same family as Chamomile and has very similar calming effects on the body. *Ju hua* is commonly prepared as a tea and benefits you when you're sick, have a sore throat, or are running a fever. It can also help if you are feeling dizzy or suffering from any eye disorders, such as blurred vision or dry eyes.

How To Use: Try the Chrysanthemum and Goji berry tea recipe on the back!

Disclaimer: Information provided is for educational purposes only. These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Please consult your medical care provider before using herbal medicine, particularly if you have a known medical condition or if you are nursing or pregnant.

GOJI BERRIES

In TCM, the energy of this fruit benefits the eyes; they're great for blurred vision or dry eyes. They also help if you have a sore back, weak knees or even early greying of the hair. These tiny berries are said to promote blood flow and improve sexual performance.

How To Use: Eat as a snack, sprinkle ontop of oatmeal, or add to a steeping tea.

JACKFRUIT

Jackfruit has been used for over 3,000 years in TCM. There are medicinal uses for every part of the fruit: from the seeds, to the rind, but the meat is the most delicious.

Jackfruit is high in Vitamin C which boosts immunity and prevents colds. It also balances electrolytes in the body, is a good source of potassium, and prevents constipation.

How To Use: Open and enjoy when you're in need of a healthy snack.

GINSENG TEA

Korean Red Ginseng tea with 6 year roots. Ginseng, or in Chinese, *Ren shen*, is used for a very wide variety of issues. Ginseng helps with anxiety, when used in small doses. It boosts memory, aids in digestion, and warms whole body.

How To Use: Dissolve contents of bag into warm or hot water and add sweetener if desired. Enjoy this drink when you are in need of an energy boost, without the crashing effects of coffee.

GINGER ROOT JUICE

Known as *Shang Jiang*, ginger is very popular in Chinese Medicine. Use this when you're cold or especially when it's cold out, this will warm you right up! It is also good for nausea, vomiting, abdominal pain, or if you have a cold with nasal congestion.

How To Use: Try mixing with hot water, lemon, and honey as a tea, or enjoy with sparkling water, mint leaves, and lemon for a refreshing treat.

DISCOVER WHAT'S INSIDE