

Recipes and Tips



LIME/LINDEN BLOSSOM/TILLEUL TEA

For best results, gather the flowers when they have just opened. Harvest them during a dry spell or at least 24 hours after the last rainfall, in the morning if possible. Pick the flowers by pinching off the stems just above the lobed, pale green bracts, which are also used. Use the flowers fresh or dry them.

To make 1 mug

Small handful of lime flowers

Honey, sugar or sweetener to choice to taste

Put the flowers into a mug. Pour over boiling water and cover the cup to stop the aromatic oils evaporating. Leave to infuse for at least 5 minutes.

Add honey or sugar to taste – sometimes the flowers are sweet enough without – and drink

To dry your harvest of lime flowers, lay a clean tea towel over a wire cooling rack. Set the rack in a well-ventilated area but out of direct sun, and spread out the flowers and leave them to dry. They should be dry enough within 3 days. Store in a sterilised airtight glass jar.