



Infusion

1. Place 2 teaspoons dried herbs or 1 tablespoon fresh herbs in 250 ml hot water.
2. Let it steep for 5 minutes under a lid.
3. Strain away the herbs and drink.

Hard plant parts such as needles, roots, bark and seeds you need to boil for 5 minutes under a lid.

Horsetail (*Equisetum arvense*) is a bit special in that it contains great amounts of silicon that is hard to dissolve into water, which is why you have to boil horsetail for 20 minutes under a lid. Then you can strain and drink the infusion as usual. Horsetail infusion is good for kidney and urinary problems, for the skin, hair and nails and for strengthening the immune system.