How to make Tea and the Meaning of Tea Herbs:

 The leaf or any other necessary part should be gathered as young and fair as possible and a good handful placed in a pot of good size, fill the pot with fresh boiling water and allow this to steep for 12 minutes. Pour it out straight away into a cup; sweeten it with a teaspoonful of honey and drink the infusion hot.

*Herbs to Make Tea With:*
 Anise, the Amorous: The seeds, to strengthen passions.
 Basil, the Courageous: Against faintness of heart.
 Borage, the Inspiring: Against the aches of limbs.
 Caraway, the Sweet: The seeds for mental vigour.
 Catnip, the Subtle: Against fever and chills.
 Mint, the Comforting: Against afflictions of the stomach.
 Nasturtium, the Pungent: Against the Headache
 Parsley, the Stout: Against pallor and frailty.
 Red Clover, the Succulent: The flowers, good for temper.
 Rosemary, the Fair: To soothe the nerves.
 Rue, the Mysterious: To assuage guilt and sorrow.
 Sage, the Powerful: Against melancholy and distress of the mind.
 Thyme, the Sovereign: Against coughs.
 White Pine, the Healthful: Against colds and cataracts.
 Wild Ginger, the Profound: The root, against lassitude.