MAGNET TO FRIDGE OR TAPE INSIDE CUPBOARD

The 90-Second Loose-Herb Steep & Temp Card

Stop boiling delicate leaves and flowers. Keep this single-page chart beside your electric kettle for smooth, aromatic caffeine-free mugs every time.

Exact Water Temperatures & Covered Steep Times

Plant Category	Core Kitchen Herbs	Dry Ratio / Mug	Water Temp	Steep & Cover Rule
Aromatic Leaves	Peppermint, Lemon Balm	**1–2 level tsp** / 8 oz	**195°F** (90s off boil)	**7–10 min** covered with saucer
Savory Leaf	Culinary Thyme	**1/2–1 level tsp** / 8 oz	**195°F** (90s off boil)	**7 min** covered (avoids bite)
Whole Flowers	German Chamomile	**1–2 level tsp** / 8 oz	**195°F** (no boil)	**7–10 min** covered (bitter >12m)
Tart Calyces	Hibiscus Petals	**1 tsp** hot / **1.5 tsp** iced	**195°F** or Cold	**8 min** hot OR **4–6 hr** fridge
Dense Root	Dried Ginger Root	**1 level tsp** / 10 oz	**205–212°F** simmer	**15 min** covered saucepan

Why 195°F + Saucer Lid Matters

- **90-second kettle rest:** Boiling water (212°F) cools to ~195°F in 90 seconds off the heat, preventing grassy bitterness.
- **Trap volatile oils:** Leaving a mug uncovered lets aromatic mint and lemon-balm oils escape into kitchen steam.

Quick Vessel Scaling Cheat

- **Single Mug (8 oz):** 1× ratio above
- **Ginger Pot (10 oz → 8 oz):** extra 2 oz offsets steam loss
- **Teapot (24 oz):** 3× single-cup ratio
- **Hot Brew Over Ice:** 1.5× leaf/petal ratio

Educational Notice: Strictly for traditional culinary tea brewing; not medical advice. Full 6-herb safety cautions are on Page 6 of your Starter Guide at `mywellnessnow.org`.