ROOT EXTRACTION + SUMMER PITCHER GUIDE

The 2-Stage Ginger Pour & Cold-Steep Pitcher Cards

Extract full warming spice from dried ginger root without scorching peppermint or lemon balm—plus 2 ultra-smooth refrigerator cold-brew pitchers.

The 3-Step 2-Stage Saucepan Method (10 oz Water → 8 oz Final Mug)

- **Step 1 — Simmer Root Covered (15 Min):** Add **1 level tsp dried cut ginger root** to **10 fl oz water** in a small saucepan. Bring to a gentle simmer, cover tightly, and hold on low heat for 15 minutes (the extra 2 oz offsets steam loss).
- **Step 2 — Rest Off-Heat (60 Sec):** Turn off the burner and let the covered pot settle toward ~195°F.
- **Step 3 — Steep Delicate Leaves Covered (7 Min):** Stir in **1 level tsp peppermint or lemon balm** (and optional 1/2 tsp hibiscus—never simmer hibiscus!), replace the lid 7 minutes, and strain clean into your mug.

2 Warming 2-Stage Mug Recipes

After-Dinner Mint & Ginger

15m simmer + 7m off-heat steep • 1 mug

- 1 level tsp dried cut ginger root (simmer in 10 oz)
- 1 level tsp dried peppermint leaf (add off-heat)
- Optional: thin fresh lemon slice after straining

Sunny Lemon-Ginger Cup

15m simmer + 7m off-heat steep • 1 mug

- 1 level tsp dried cut ginger root (simmer in 10 oz)
- 1 level tsp dried lemon balm leaf (add off-heat)
- Optional: 1/2 tsp hibiscus petals (add off-heat only)

2 Zero-Bitterness Refrigerator Cold-Steep Pitchers (4 Cups Each)

Cold-steeping in the refrigerator extracts smooth color and aroma with zero astringency—and avoids the bacterial risk of warm counter "sun tea."

Pitcher #1: Cold-Steep Ruby Mint

Fridge (≤40°F) • 4–6 Hours • 4 Servings

- 2 tbsp dried hibiscus petals
- 1 tbsp dried peppermint leaf + 1 tbsp lemon balm
- 4 cups cold filtered water in clean quart glass jar
- Strain clean; keep refrigerated and drink within 48 hours.

Pitcher #2: Cool Orchard Chamomile

Fridge (≤40°F) • 6–8 Hours • 4 Servings

- 2 tbsp whole German chamomile flowers
- 2 tbsp dried lemon balm leaf
- 4 cups cold filtered water in clean quart glass jar
- Serve over ice with a twist of fresh lemon peel; drink within 48 hours.

10-Minute Weekend Prep: Dry-Herb Honey-Ginger Pantry Jar

Combine **3 tbsp bone-dry cut ginger root** + **~6 fl oz (~3/4 cup) raw liquid honey** in a completely dry 8 oz glass jar. Stir out bubbles with a dry chopstick, cap, and flip every 2 days for 2 weeks in a cool dark cupboard. Scoop only with a **clean, bone-dry spoon** (3–6 months).

Critical Kitchen Food-Safety Rules: (1) Never brew counter "sun tea"—cold-steep strictly inside the refrigerator (≤40°F) and enjoy within 48 hours. (2) Use strictly bone-dry herbs for room-temp honey jars; refrigerate any fresh-ginger honey ≤40°F for **5 days max**; discard on mold, off-odors, or fizzing. (3) **Never give honey to infants under 12 months.** (4) Educational reference only; not medical advice.