Kids Explore!

Make Rainbow Sun Tea

Use fresh herbs and edible flower petals to make a colorful garden drink!

Materials

- A handful of fresh herbs like mint or lemon balm
- Optional: berries to add color to your drink
- Glass jar for steeping herbs in the sun
- Colorful petals from edible flowers
- Water
- Strainer
- Cups for tea

1. Pick some fresh herbs in a garden or buy some at the store that are nice for making tea. Mint and lemon balm are two favorites. Rinse your leaves.

2. Put your leaves, and berries if desired, into your glass jar and fill with water. Put a lid on the jar and set it in a nice sunny spot where it won't get knocked over. Let it steep for 2-3 hours.

3. Pick some colorful edible flower petals. Nasturtiums, borage, calendula, and violets are pretty choices, Be sure to ask a gardener which flowers you can eat when you're harvesting. Not all petals are edible!

4. Once your tea has "steeped", pour it through your strainer into cups.

5. Finally, dress your tea up by sprinkling it with colorful flower petals. If you have added berries to your tea, you tea water may be colorful as well!