Fig Leaf Tea with Anise Hyssop

Ingredients
7-8 Fig leaves
3-4 Anise Hyssop sprigs
Any other complimentary herbs you like
Water
Honey or your preferred sweetener

Method
Harvest fig leaves and anise hyssop, leaving behind the browned leaves. Keep in mind that some people need to wear gloves when picking the fig leaves due to sensitivity to the latex sap. Wash very well because our feathered friends love figs.

If you are making a big pot of tea, use 7-8 leaves. If you're only making tea for yourself, just use 1 leaf. Your future self will love you if you harvested 20-30 leaves and dehydrated them in a dehydrator or in your oven at 200 degrees for 30 minutes, so you can have fig tea whenever you need. Optionally, toast leaves using your stove burners or a gas grill to awaken the natural oils.

Bring a pot of water to boil, add leaves to cook for 5 minutes. Let steep for another 3-5 minutes then sweeten with your preferred sweetener. Then pour and enjoy!

Recipe from Edible Garden Chef Pamela Askerneese-Henry