

Chrysanthemum Tea

This tea is cooling and soothing to the liver, especially the eyes. For tired, red, itchy eyes, drink the tea then place the cooled flowers over your eyes for 15-20 minutes. You may find this tea at Chinese restaurants if you ask for it. The flowers are available in Chinese grocery stores and herb shops.

5 whole, dried chrysanthemum flowers (ju hua)

2 ½ cups water

Combine flowers and water in a non-reactive saucepan. Bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes. Strain the liquid and enjoy hot or at room temperature. (Makes about 2 cups)