

CONSTITUTION DAY – LIBERTY TEA

Families like the Merrimaus had teatime each day between dinner in the early afternoon and supper later in the evening. They drank their tea from cups that had no handles, often call tea bowls.

TOOLS

Teakettle or saucepan

Measuring cup and spoons

Tea ball (optional)

Teapot

Strainer (if you don't use a tea ball)

6 teacups

INGREDIENTS

6 cups water

3 teaspoons dried raspberry leaves*

Honey

**Available at health food stores*

DIRECTIONS *(Makes 6 servings)*

1. Pour the water into a teakettle or saucepan. Heat the water on high until it boils, or bubbles quickly.
2. Measure the raspberry leaves into the tea ball and place it in the teapot. Or measure the raspberry leaves directly into the teapot. Have an adult pour the boiling water into the teapot. Let the tea steep for 5 minutes.
3. Remove the tea ball from the teapot and pour the tea into teacups. Or use the strainer to catch the tea leaves as you pour the tea into the teacups. Sweeten the tea with honey.