

# FOOD & DRINK

*Fearne Cotton, new oils and perfecting scones*

Combining your favourite elements of herbal teas is a guaranteed path to satisfaction, not to mention making a perfect homemade gift for friends and family. The brighter mornings in the summer months mean more breakfasts in bed and more opportunities to add something a little special to your cup of tea.

Since the 18th century, we have been the world's biggest consumers of tea, drinking over 60 billion cups a year. That said, we as a country are

moving on to more exciting varieties of tea, rather than just the traditional 'milk and two sugars'. A light cup of herbal tea can be just as refreshing in the hotter months as a jug of iced lemonade.

Jars of herbs are available in most health food shops or online, providing a plethora of infusions to try. Hibiscus flowers and rose petals make for a pretty and aromatic tea plus if you dry lemon rind in your AGA it can be stored and saved for a zesty tea staple. Making a brew strewn with flower petals begs for

photo opportunities, or at the very least a glass teapot.

As the summer ends, cinnamon and cardamom add a familiar, comforting warmth to home made blends, so you can adjust your infusion to suit your mood or the season. Whether you grab fresh peppermint from the garden or add spices to black tea to make your own Chai blend, the alchemy of home-made tea blends can be a great way to reinvent an old favourite. **A**

With an abundance of herbal tea combinations filling supermarket shelves, why not make them to order?

A glass teapot filled with a vibrant red liquid, likely rosehip tea, is the central focus. Inside the teapot, a metal mesh strainer holds several dried rose petals. The teapot sits on a surface covered with a generous amount of dried rose petals in various shades of pink, red, and white. In the background, a whole yellow lemon is partially visible, adding to the fresh, summery feel of the scene. The lighting is warm and soft, highlighting the textures of the petals and the liquid.

## COMING UP ROSES