

# How to Prepare Linden

## Flower Infusion

Fresh or dried linden flowers steeped in hot water to create a gentle relaxing tea traditionally used for tension and restlessness.

### How to Make:

- 1–2 teaspoons dried linden flowers (or 1 tablespoon fresh)
- Pour over 1 cup hot water
- Cover and steep 10–15 minutes
- Strain and drink warm

### Notes:

- Traditionally used for stress, tension, and nervous irritability
- Linden is a gentle relaxing nervine suitable for daily use
- The light sweetness makes it pleasant on its own or with honey
- Often used in the evening to support relaxation

## Strong Infusion

A slightly stronger preparation used when deeper relaxation is desired.

### How to Make:

- 1 tablespoon dried linden flowers
- Add to 1½ cups hot water
- Cover and steep 15–20 minutes
- Strain and drink warm

### Notes:

- Traditionally used for restlessness and mild insomnia
- May help relax tension headaches
- Encourages gentle relaxation without heaviness
- Often combined with other calming herbs

## Linden Honey

Fresh or dried flowers infused into honey for a mild, soothing preparation.

### How to Make:

- Fill a jar loosely with dried linden flowers
- Cover completely with honey
- Stir to remove air bubbles
- Cap and let infuse 1–2 weeks
- Strain if desired

### Notes:

- Traditionally used for soothing the throat and calming nerves
- A gentle preparation for children and adults
- The floral flavor makes a pleasant addition to tea
- Often used during seasonal stress or before bed

**“Gentle and fragrant, linden has long been valued as a calming companion for both body and mind.”**