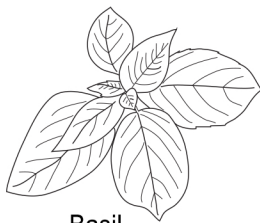


National Iced Tea Day

Herbal tea has many health benefits. Steeping iced tea with fresh herbs is a great way to reap the health benefits and beat the heat, too! Here are 10 common herbs to use in your iced teas all summer long.

Many of these herbs can be found at local farmer's markets or better yet, plant a few of your favorites and you will soon be sipping your own home-grown blends. Maybe you have a few growing in your garden already!

Draw a line to match each herb below to its health benefit.



Basil



Chamomile



Lavendar



Ginger



Mint

Lavendar makes a soothing floral tea to sip at the end of a long hot day. Mix it with chamomile and you might find yourself falling asleep under the stars.

A zippy ginger tea with lemon is refreshing on a hot day. Ginger strengthens the immune system eases the pain of sore muscles.

Mint has a cool refreshing taste. Mint is easy to grow (make sure it doesn't take over your garden!) and comes in many different varieties. Mint promotes digestion and is the perfect pick-me-up on a sluggish summer day.

Probably best known as a calming night-time tea, chamomile also makes a wonderful slightly floral iced tea, and is particularly nice when mixed with mint.

Basil has a sweet minty flavor. It is another herb that aids in digestion and is also an immune-system booster to prevent summer colds.

Now try adding a handful of one of these herbs to your hot water while your steeping your tea bags.

Afterward, add ice, a slice of lemon, and enjoy. Add a splash of lemonade to sweeten!