



The Famous Summer Camp Juice-Tea

During summer camp, juice-tea is what we all enjoy as a midmorning snack.

Ingredients:

- Apple juice (preferably unfiltered)
- Wild berry zinger tea (or something similar)
- Dried hibiscus flowers (optional)

The hibiscus flowers are used to give a strong red color to the juice tea. They also add vitamin C and minerals. If you plan to use them: put a pot of water on the stove and add some hibiscus flowers. We usually add enough to float a light layer of petals on the water surface. Bring the water to a boil, and let it boil for 7-10 minutes. Shut the heat off and add tea bags—about 1 bag per quart of water. Let it steep until cool. Strain out the tea bags and hibiscus flowers, and add to the tea an equal volume of apple juice. If your apple juice is good, the juice tea should be sweet enough. You can also add a higher percentage of apple juice, or stir in a little honey.

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