the pur terroir®

INFUSÃO • HERBAL TEA

LEMON VERBENA

Aloysia citrodora

Aloysia triphylla, commonly known as Lemon Verbena, originated in South America but arrived in Portugal during the 17th century. The leaves of these small, aromatic shrubs have a long history of therapeutic and culinary uses.

HOW DOES IT TASTE?

Lemon Verbena has a strong citrus scent that refreshes the senses. It produces an infusion that is bright and lemony, balanced by a slightly herbaceous character. The mouthfeel is smooth and almost creamy, with a pleasant underlying sweetness.

HEALTH BENEFITS

Infusions of Lemon Verbena can be used for various digestive purposes, such as detox or relieving heartburn and indigestion. It also provides an immune system boost and can soothe symptoms of the common cold. Lemon Verbena may also ease stress and anxiety while promoting a good night's sleep.

CULINARY USE

This herb can be used to add a refreshing citrus flavour to your favourite dishes. Try adding it to salad dressings, poultry dishes, or even citrusy sweet desserts. Lemon Verbena can be used in recipes to replace lemon zest or even infused into olive oil or vinegar. Mix it with fresh lemon juice, mint leaves, and a bit of sugar for a refreshing summer lemonade.

HOW TO PREPARE

Combine 2 tablespoons of Lemon Verbena tea leaves with 1 litre of 90°C water in your vessel of choice (tea strainer, tea pot, or even right into the mug). Let the leaves steep for 5-7 minutes, depending on how strong you like your tea.

INGREDIENTS

100% pure Lemon Verbena leaves from our Territory.

HOW IT IS MADE

Organically cultivated plants originate in our nursery and are selected from the best adapted cultivars. Harvesting is done by hand near the flowering stage of the plant cycle (when essential oil concentration is higher). Leaves are dried at low temperatures, never exceeding 25°C. The best leaves are selected by hand.

NUTRITIONAL INFORMATION

Dairy free, gluten free, caffeine free, theine free, suitable for vegetarians and vegans.

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