

The image is a vertical illustration with a soft, painterly style. At the top, the title 'Willommere' is written in a large, elegant, black cursive font. Below it, the words 'TEA RECIPES' are written in a smaller, brown, all-caps serif font. The background features a large, multi-story stone house with several windows glowing with warm light, set against a twilight sky. A dirt path leads from the foreground towards the house. In the foreground, a rustic wooden table holds a tea set: a white teapot and a matching cup and saucer, both decorated with blue and green floral patterns. The cup is filled with tea and garnished with daisies. Next to the teapot is a small lit candle in a glass holder, and two glass jars containing tea ingredients. A wicker basket overflowing with daisies sits to the left. A piece of parchment paper with handwritten text lies on the table. The scene is framed by hanging branches of daisies and purple wisteria at the top.

Willommere

TEA RECIPES

Willowmere Tea Recipes

From The Last Herbal Book

At Willowmere, tea was never simply a drink.

It was a pause. A conversation. A quiet offering.

Each blend was made slowly, often shared beside the linden tree, in the kitchen, or during the gentle work of the garden.

These teas reflect the spirit of Willowmere, gentle, comforting, and meant to be returned to often.

Linden Evening Tea

For Quiet Evenings & Gentle Rest

This was often served at Willowmere as the day softened and conversations slowed.

Ingredients

- 1 tsp dried linden blossoms
- ½ tsp chamomile
- Optional: small drizzle of honey

Instructions

Pour hot (not boiling) water over herbs.

Cover and steep 8–10 minutes.

Strain and sweeten gently if desired.

When to Drink

- Evening reflection
- After a long day
- When your thoughts feel busy

From Willowmere

Some evenings do not need answers. Only warmth, and a quiet place to sit.

Clara's Writing Tea

For Creativity & Gentle Focus

Clara often brewed this tea before settling into the writing room.

Ingredients

- 1 tsp lemon balm
- ½ tsp rosemary
- ½ tsp chamomile

Instructions

Steep covered for 7–8 minutes.

Sip slowly while writing or reflecting.

When to Drink

- Journaling
- Creative work
- Quiet mornings

From Willowmere

Stories do not always arrive loudly. Sometimes they appear slowly, like steam rising from a warm cup.

Rowan's Garden Blend

For Steady Work & Calm Energy

This tea reflects Rowan's steady rhythm in the garden.

Ingredients

- 1 tsp thyme
- ½ tsp lemon balm
- ½ tsp rosemary

Instructions

Steep 8–10 minutes, covered. Drink warm.

From Willowmere

The garden teaches patience. Tea helps you listen.

Lavender Calm Tea

For Stillness & Gentle Relaxation

Lavender was often used in small amounts at Willowmere to encourage calm.

Ingredients

- ½ tsp lavender buds
- 1 tsp chamomile
- Optional: lemon balm for brightness

Instructions

Steep gently for 6–8 minutes. Strain carefully.

When to Drink

- Evening quiet
- Before sleep
- During anxious moments

From Willowmere

Stillness is not empty. It is where healing begins.

Lemon Balm Afternoon Tea

For Lightness & Renewal

Often served on warm afternoons when the garden felt slow and sunlit.

Ingredients

- 1 tsp lemon balm
- ½ tsp chamomile
- Optional: fresh mint leaf

Instructions

Steep 6–8 minutes. Serve warm or lightly cooled.

When to Drink

- Afternoon pause
- Gentle reset
- Quiet reflection

From Willowmere

Lightness does not need to be loud. Sometimes it is simply a softer breath.

Thyme & Honey Comfort Tea

For Quiet Courage & Gentle Support

A comforting blend often prepared during difficult days.

Ingredients

- 1 tsp thyme
- ½ tsp chamomile
- Honey to taste

Instructions

Steep covered for 8–10 minutes. Add honey while warm.

When to Drink

- During uncertain seasons
- When you need steady comfort
- During quiet evenings

From Willowmere

Courage does not always arrive boldly. Sometimes it is simply choosing to keep going.

A Willowmere Ritual

Choose one tea. Find a quiet place.

Hold the cup with both hands.

Let the warmth settle.

You do not need to rush.

The garden never does.

The garden continues.