Linden and Lemon Verbena

Your recipe for one cup

Heating and cooling time will depend on your kettle and how warm you like your tea.

Ingredients for one cup
Yield: 1 cup · Steep: about 7 minutes, plus cooling

- 1 g tea-grade dried linden blossom
- 0.5 g tea-grade dried lemon verbena leaf
- 1 cup (240 mL / 8 US fl oz) freshly boiled drinking water
- Optional: a little honey

Use a small kitchen scale for the herbs; fluffy blossoms and crushed leaves weigh differently by the spoonful.

Let’s make a cup

1. Add the herbs. Put the measured herbs in a stainless-steel infuser, a food-grade fill-your-own tea bag, or a heatproof pot. Leave room for the herbs to expand.

2. Pour and cover. Add freshly boiled water, cover, and steep for about 7 minutes.

3. Strain and let it cool. Strain or remove the infuser or bag, then cool to a comfortable drinking temperature. Taste before adding honey.

4. Adjust to your taste. For a lighter flavor, add water, keeping the measured herbs the same.

Label details: linden should identify Tilia cordata, Tilia platyphyllos, or Tilia × vulgaris; lemon verbena should identify Aloysia citrodora. Use the named dried plant parts. Follow stricter package directions.

A few things to check before your first cup

This recipe is for adults. Skip it if you are allergic to either herb or plants in the Verbenaceae family. During pregnancy or breastfeeding, leave it out unless your maternity care professional advises otherwise. A pharmacist can help check your medicines and health needs. Lemon verbena may affect alertness; do not drive if affected. As a precaution, avoid alcohol and other sedating products when first trying it.

Stop drinking it if you have a reaction. Trouble breathing or swelling in your mouth or throat needs emergency help. If stress or poor sleep keeps bothering you, your healthcare professional can help you find support that fits your needs.

KEEP WITH YOUR RECIPE

A little more about your herbs

Linden blossom: Also called lime flower or tilleul. A tree flower, not citrus lime. Traditionally enjoyed as an herbal tea for mild stress. [1]

Lemon verbena leaf: Aloysia citrodora is a lemon-scented shrub, different from lemon balm. You might wonder whether a brewed cup could help you sleep. The sleep studies discussed in the article used extracts or a concentrated leaf syrup. Lemon verbena tea does, however, have a history of traditional use to aid sleep. You can explore that story in the full article. [2]

Choosing your herbs and brewing supplies

Whether you order online or shop locally, choose loose dried linden blossom and lemon verbena leaf sold for food or tea. Add a stainless-steel infuser or food-grade fillable tea bags and a heatproof mug. If choosing bags, ask the supplier about their material, including any plastic in the seams or seal. The article explains the microplastics research and the choices available to you.

Store your herbs tightly closed, away from heat, light, and moisture. If you use jars, label them with the common and botanical names and the best-by date from the original package. Keep a photo of the package label, including the supplier and batch number, on your phone.

Sources you can explore

https://www.ema.europa.eu/en/medicines/herbal/tiliae-flos

https://www.ema.europa.eu/en/medicines/herbal/verbenae-citriodorae-folium

https://pmc.ncbi.nlm.nih.gov/articles/PMC11123999/

How did you like it

What did you enjoy about the fragrance or flavor?

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When would you like to make a little time for yourself again?

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General wellness education. Not a substitute for personalized medical care. Prepared November 6, 2026. The companion article provides additional research, tea-bag material guidance, photographs, and source notes.