



## Hoary Willowherb

**Preparation:**

Use 1-2 heaping teaspoons per cup of vigorously boiling water. Cover and let stand for 10 minutes then strain. Only that way you get a safe food.

Store dry a tightly closed.

**Ingredients:** 100% Hoary Willowherb (*Epilobium parviflorum*) cut.

**Contents 125 g**

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