

# HOW TO MAKE THE JAR LABELS, FOLD-OVER HANG TAGS, AND ORIGAMI TEA PACKET

ILLUSTRATIONS BY CHARMAINE KOEHLER-LODGE | DESIGNS BY EDIBLE EAST BAY  
GIFT-MAKING RECIPES BY ANNA MARIE BEAUCHEMIN, CLINICAL HERBALIST, EAST BAY HERBALS

Print the labels below on regular office paper. Cut out with scissors and glue to the lids of your filled mason jars.

Recipe by eastbayherbals.com. Story at edibleeastbay.com. Contains cacao, cocoa, lion's mane mushroom, reishi mushroom, organic raw sugar, cinnamon.

### Adaptogenic Hot Cocoa

In a small saucepan over low heat, warm 2 cups milk of choice taking care not to scald. Add contents of jar and whisk until combined. Ladle into mugs and enjoy topped with freshly whipped cream, if desired.

Recipe by eastbayherbals.com. Story at edibleeastbay.com. Contains black tea, cinnamon, cardamom, cloves, peppercorns, fennel seed, ginger.

### Warming Herbal Chai

Set aside tea packet and combine all other ingredients in a small saucepan with 2 cups water. Simmer gently, partially covered, 20-30 minutes. Remove from the heat, add reserved tea (if desired), cover, and steep 5-10 minutes. Strain out tea and herbs. Gently rewarm liquid. Stir in milk of choice and honey to taste.

Recipe by eastbayherbals.com. Story at edibleeastbay.com. Contains thyme, astragalus root, reishi mushroom, black peppercorns, bay leaves, garlic.

### Spiced Broth

Place your favorite bone or veggie broth ingredients into your simmer pot and add contents of this mason jar. Add enough water to cover the ingredients and gently simmer until the broth is done. The herbs can be left in for the full duration of cooking and can be strained out with all other ingredients before using or freezing the broth.

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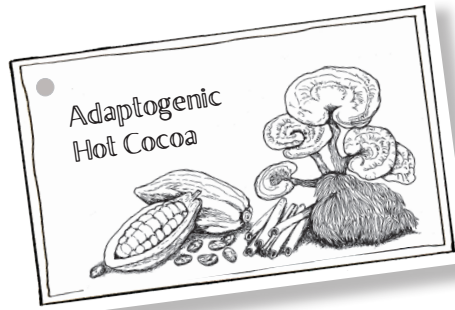
## TO MAKE THE FOLD-OVER HANG TAGS

### You will need:

Heavy paper or card stock  
Scissors  
A one-hole punch  
Markers, colored pencils, or paints  
Raffia, yarn, kitchen string, or ribbon

Print the hang tag pages you want to use.  
(Heavy paper or card stock are best, so you might want to have a local copy shop print them for you.)

Embellish the designs with markers, colored pencils, or paints as you like. Cut out each hang tag just inside of the dotted line. Fold in half so the name and artwork are on one side and the information is on the other. (The blank area inside is for your gift message.) Punch a hole in the tag's corner and thread a piece of raffia, yarn, kitchen string, or ribbon through it to tie the tag onto your gift item.



## TO MAKE THE ORIGAMI TEA PACKET

### You will need:

Standard office paper (off-white is nice)  
Scissors  
Markers, colored pencils, or paints  
Glue or tape  
Removable tape, stickers or sealing wax (optional)

Print one copy of page 6 for each tea packet you want to make. Cut away the top 2½ inches of the paper above the dotted line and discard (recycle). Embellish the design with markers, colored pencils, or paints if you like.

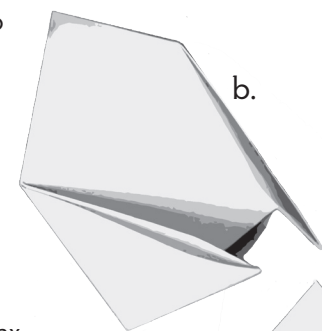
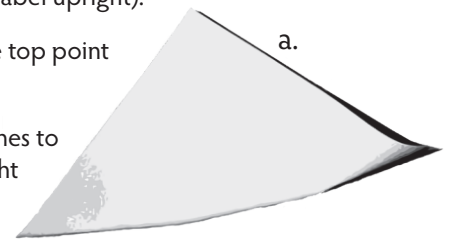
Lay down the remaining 8½ x 8½ inch square and rotate it 45° so the printed label is upright. Then flip the square over so the printed side is face down (keeping label upright).

Fold the lower point up to meet the top point (a.) and crease along the fold.

Fold in the sides along the dotted lines to overlap evenly (b.) and slide the right point inside the left opening (c.). Crease along folds.

Fold down the front layer of the top flap so it fits neatly into the triangle between the side flaps. Tape (or glue) it in place. You will now be able to see down into the tea pouch, which is between the two flap layers.

Fold down the back flap and tape the flap in place, preferably with a decorative sticker or even sealing wax. Note: if you can find some removable tape, the packet can be reused.



# FOLD-OVER HANG TAGS FOR ADAPTOGENIC HOT COCOA

Print this page on your home printer or have a local copy shop print it for you. For best results, use heavy paper or card stock. Cut out the two hang tags along the dotted line, then fold each in half so the name and artwork are on the front and the information is on the back. The blank area inside is where you can write your gift message. Punch a hole in the tag's corner and you'll be able to thread a piece of raffia, yarn, kitchen string, or ribbon through it to tie it on your gift item. You might enjoy embellishing the designs with markers, colored pencils, or paints.

Recipe by Anna Marie Beauchemin, Clinical Herbalist,  
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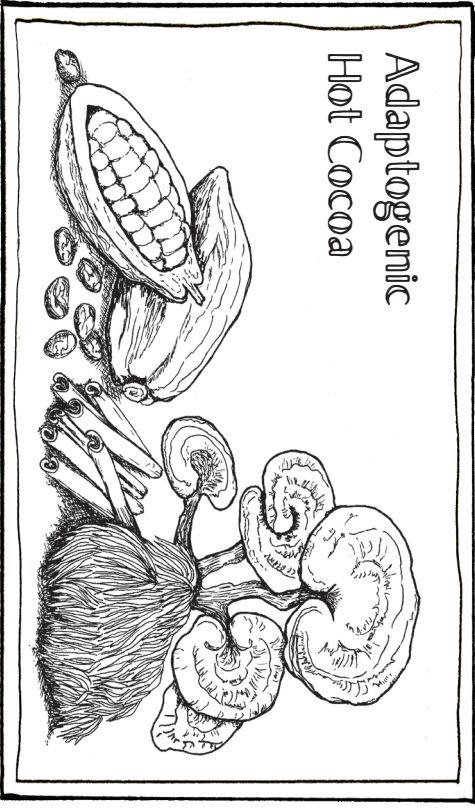
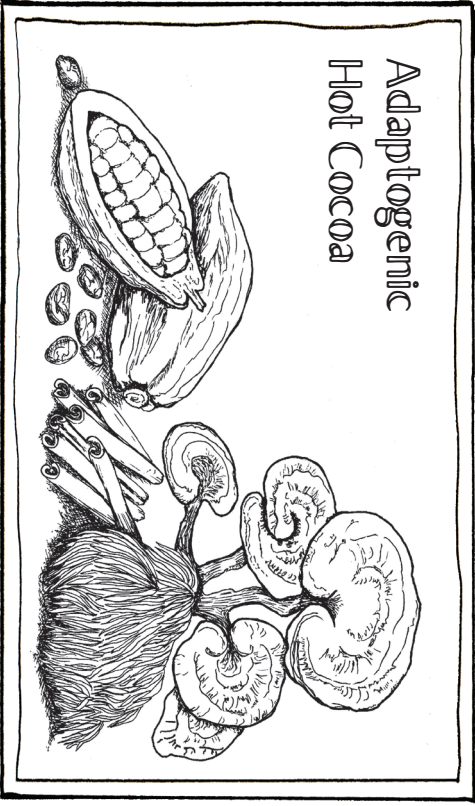
This whimsically medicinal hot cocoa is fortified with the power of medicinal mushrooms and herbs. The blend uses both reishi mushroom (an adaptogen well known for its affinity to the immune system), and lion's mane (a medicinal mushroom used to help support cognitive function), making this concoction an ideal match for full-body support. Throw in the mood-boosting potential of cacao (the unprocessed version of cocoa), and you have yourself a sweet yet medicinal treat.

To make 2 cups of hot cocoa, warm 2 cups milk of choice in a small saucepan over low heat, taking care not to scald. Add contents of jar and whisk until combined. Ladle into mugs and top with freshly whipped cream, if desired.

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# FOLD-OVER HANG TAGS FOR WARMING HERBAL CHAI

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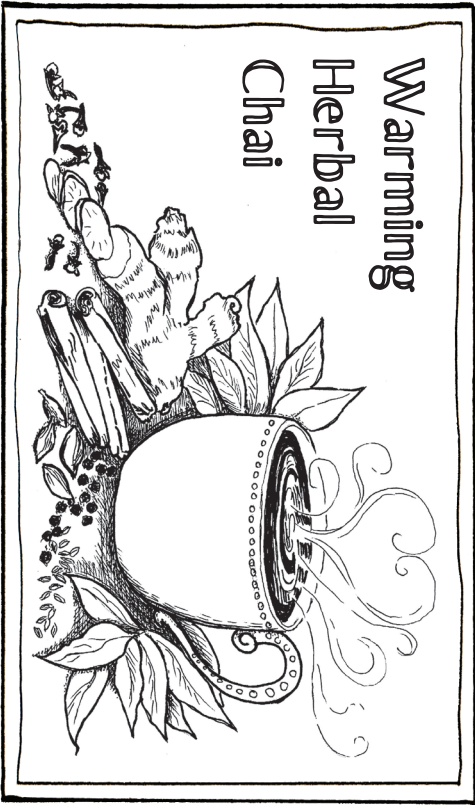
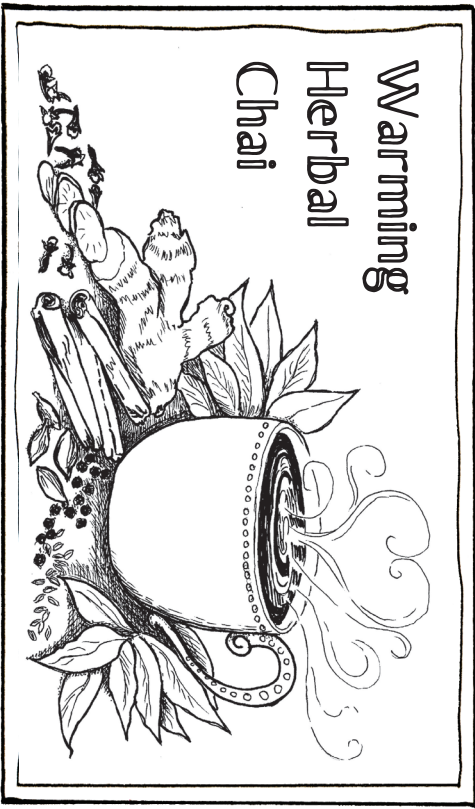
This classic tea blend is packed full of herbs (cinnamon, cardamom, cloves, black pepper, fennel seed, and ginger) traditionally used for both their warming and digestive properties. Dink some to help soothe nerves on a busy morning, as a midday treat, or as a warm cuppa at the end of a cold, damp day. If you want a caffeine-free drink, leave out the black tea that's in a separate packet.

For 2-3 cups of tea, set aside tea packet and combine all other ingredients in a small saucepan with 2 cups water. Simmer gently, partially covered, 20-30 minutes. Remove from heat, add reserved tea (if desired), cover, and steep 5-10 minutes. Strain out tea and herbs. Gently rewarm liquid. Stir in milk of choice and honey to taste.

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# FOLD-OVER HANG TAGS FOR SPICED BROTH

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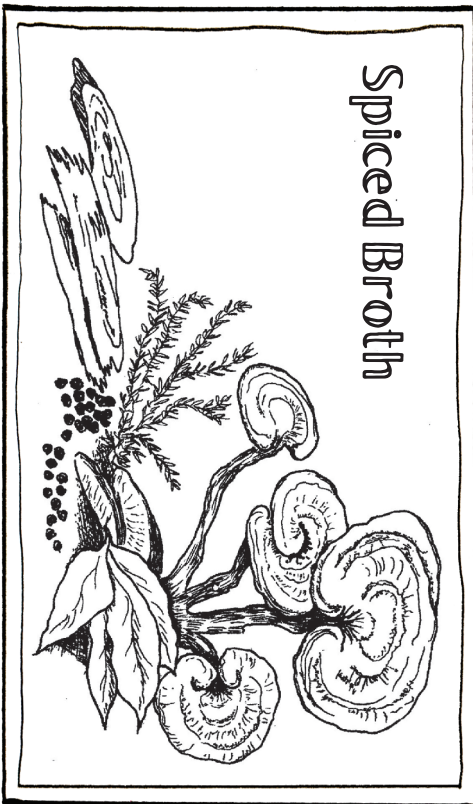
Enjoy two of herbalism's best-known immune-supporting and adaptogenic medicinals—astragalus and reishi—in your bone broths, stocks, soups, and stews. Use these herbs all winter long to help support your body through the cold and flu season. Paired with the other healing herbs in this blend—thyme, black pepper, bay leaves, and garlic—and the ingredients in any classic bone or veggie broth, and you have a combo that packs a serious punch as a staple in any seasonal medicinal kitchen.

To use, place ingredients for your favorite bone or veggie broth into a large pot and add the contents of this jar. Add enough water to cover the ingredients and gently simmer until the broth is done. The herbs can be left in for the full duration of cooking and can be strained out with all other ingredients before using the broth.

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PRINT THIS PAGE FOR ONE ORIGAMI TEA PACKET

Instructions for folding and filling the tea packet are on page 1.

Cut along this dashed line and discard (recycle) this upper 2½ inches of the paper.

