

## INSTRUCTIONS FOR BREWING YOUR OWN CHAGA TEA

**Put together by CherylMillett.com from various sources and experiences.**

For very potent tea, just put 1/4 cup small chunks/grind into a 2-liter/2 quart pot of water and steep on low on your stove. We use our glass coffee pot filled to the 12 cup level on a low setting for 7 to 10 hours.

**Do not boil.** Then strain your tea through a fine strainer or cheesecloth especially if you grind the chunks. Drink hot or cold! This makes enough tea for three days, drinking 4 cups a day. Once you brew your first pot of tea, you can either brew another 12 cup pot immediately using the chunks or grind or you can put your loose **Chaga** chunks or tea grind into a baggy and freeze it until you are ready to brew your second pot.

**Chaga** is very mild in flavor, so you can add lemon & honey (and now my favorite natural sweetener is Pure Maple Syrup) to flavor it or a sprig of mint (Fresh mint is a good energy booster). **Chaga** also makes very good iced tea.

Try mixing **Chaga** tea half and half with beer for a refreshing drink! Or make **Chaga** ice cubes from your tea to add to your favorite summer drinks or for those smoothies, cappuccinos, etc. Making the ice cubes is also a great way for storing your **Chaga** for months ahead of time, and is ready for use when you are!

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Cheryl writes: Many people are now using their crock pots to brew the tea. I think this is a very good method of getting the most out of your **Chaga**. I use only this method now, surgical steel.

You can also use a Crock Pot filled with water and a small handful or 2oz of Chaga chunks. Set Crock Pot on lowest temperature (150 degrees Fahrenheit) for several hours. I can brew it over night. I do not grind my chunks. After first brew, I immerse my chunks in water and store in stainless steel pot on stovetop...keep things clean to avoid any contamination else store in fridge in a sealed container or freezer as mentioned above. Either of these ways and if Chaga is not used right away, it should be soaked in salt water over night before brewing.

When working with Birch Brand Chaga Tea selling at market, they infused their Chaga tea with herbs such as lemongrass, hibiscus, rosemary, and chai spices. If you have knowledge of herbals then you can mix and match, infuse, etc. for additional health benefits. Keep it simple. Explore.

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New Information from Bio Food Tech has provided us with this new research has new information for brewing times and for the antioxidant values of our three **Chaga** products. We hope that this helps people in a positive way as it has us.

For maximum benefit of our **Chaga chunks**: Brew (simmer at 80 – 85) for a minimum of 6 hours for a total Phenolic value of 1.7% per cup.

For maximum benefit of our **Chaga Tea grind**: Brew (simmer at 80 -85) for a minimum of 4 hours for a total Phenolic value of 2.3% per cup.

**Note:** The lower the Phenolic value the better. <https://en.wikipedia.org/wiki/Phenols>