

YAUPON TEA

University of Florida IFAS Extension

Escambia County



Yaupon tea is an easy and interesting beverage to brew at home from the common Yaupon holly. Choose a healthy plant that is free from pests and pesticide use for your harvesting.



Collect the new, tender bright green leaves. Gently wash off leaves. You will need one tablespoon of leaves, chopped, for each cup of boiling water.



For green tea, use fresh leaves.

For a nuttier flavor tea, toast leaves over medium heat for seven minutes.



Steep fresh or toasted leaves in boiling water for three minutes.

Enjoy your hot beverage with a slice of lemon or honey if desired.