

ISLAND GROWN

HARVEST OF THE MONTH

- May -

HERBS

HERB & FRUIT FLAVORED WATER

**There are no exact measurements. It's all based on taste and what you have on hand!*

Fruit: Watermelon, pineapple, berries or citrus (you can peel citrus before infusing to avoid excess bitterness). Use fresh when in season and frozen when not in season. Aim to use organic & local when possible.

Fresh Herbs: Many herbs complement fruit flavors. Experiment and see what you like! Mint, rosemary, sage and basil are some favorites.

Water: To fill jar.



SOME DELICIOUS COMBINATIONS TO TRY:

Watermelon & Rosemary; Blueberry, Lemon & Sage; Pineapple & Mint; Raspberry, Lime & Mint; Grapefruit, Lemon & Rosemary

Add all of your ingredients to a pitcher or jar, slightly mash up any fruit to release their juices.

Next bruise the leaves of any herbs in your hands or muddle with a wooden spoon in the jar to release the natural extracts and oils.

Finally, fill your jar with water, tighten lid and let sit in the fridge for an hour to allow the flavors to develop. The longer it sits, the stronger the flavor will be. They will keep in the fridge with a tight fitted lid for 3-4 days.

TIPS: For a sweeter flavor, add a drizzle of maple syrup or honey.

If you don't want to drink fruit & herb bits along with the water, strain them as you pour the water into your drinking glass.

Recipe by Gabrielle Chronister

For more information visit

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