

Simple Sun Tea

With the beginning of summer only a few weeks away, celebrate National Iced Tea Day by brewing sun tea.

Collect

- Cleaned clear glass jar or pitcher
- Teabags
- Water
- Sunlight

Get to brewing

1. Fill the glass jar with room temperature water.
2. Add one teabag for every five ounces of liquid.
3. Cover the jar with a lid, plastic wrap, or aluminum foil, and then place it in the sun for 3-5 hours.

Hint: Add fresh cut lemons, sweet mint, or simple syrup to change the flavor of the tea. A longer brew time will result in a stronger tea.



Chill and enjoy!

4. Remove the tea bags and chill the jar in a refrigerator.
5. Pour the tea over ice and enjoy!

How does it work?

As told by its name, sun tea is brewed using the power of the sun. As the pitcher of water sits in the sun, heat is absorbed by the glass and the tea bags begin to steep.

Who first iced the tea?

Iced tea has long been the favored beverage during the hot summer months. Although recipes for iced tea started popping up in cookbooks published in the mid-1800s, rumor has it that America's love affair with iced tea started at the 1904 St. Louis World Fair. Supposedly it was so hot that fairgoers were desperately searching for a cool beverage to quench their thirst. A clever tea farmer selling hot tea poured it over ice, and the result was an immediate hit!