SUMAC PEACH LEAF LEMONADE

Ingredients

- Freshly harvested sumac seed heads
- Lemon slices
- Honey or cane sugar
- Freshly harvested peach leaves

Directions

- Gently rinse sumac heads in cold water. Carefully pull the bright fuzzy seeds from the stems. Discard any discolored seeds or foreign material!
- Add in lemons. peach leaves, and honey or sugar to taste. Play with varying amount of each to see what you like!
- Using COLD water only, soak the sumac heads overnight. Hot water will draw out the natural tannins in the plant and make a bitter brew.
- Strain and enjoy.