

# The Herb Peddler Thank You Gift

## A Special Gift for You from Horse-n-Bear Ranch

### Evening Calm Herbal Tea

A gentle tea to help soothe the mind, relax the body, and invite restful sleep.

#### Ingredients:

1 teaspoon dried [Chamomile](#)

1 teaspoon dried [Lemon Balm](#)

½ teaspoon dried [Peppermint](#) (optional, for a refreshing note)

#### Directions:

- Place herbs in a cup or tea infuser.
- Pour 1 cup of hot water over the herbs, cover, and steep for 10–15 minutes.
- Strain and enjoy slowly, in a quiet, peaceful moment.

*Tip: For best results, enjoy 30–60 minutes before bedtime.*

### Bonus: Evening Calm Ritual

Dim the lights and take a few deep breaths before sipping.

Let the warmth of the tea be your signal to relax.

Optional: Light a candle, play soft music, or journal for a few minutes.

Creating a ritual around your tea enhances the calming effects and connects you to the magic of herbs.



## Explore More

We love helping people create their own herbal collections and rituals. On our [website](#), you'll find:

- Handcrafted herbal bundles
- Single herbs for teas, tinctures, and more
- Seasonal small-batch offerings
- DIY guides, recipes, and herbal inspiration

Many of these items are only available on our website: [The Herb Peddler at Horse-n-Bear Ranch](#)

## From Our Farm to Your Home

Every order is prepared with care here at Horse-n-Bear Ranch. We grow, gather, and craft our offerings with intention and respect for the plants. We're here to support you in creating your own herbal rituals, one simple step at a time.

Wishing you wellness, balance, and a deeper connection with the plants,

Charlotte & Timothy

The Herb Peddler at Horse-n-Bear Ranch

Rooted in tradition. Grown with intention. Shared with heart.