

March's Tea is:

Hibiscus

Hibiscus tea is an herbal tea known for its vibrant reddish-pink hue and tart cranberry-like flavor. Hibiscus is a flowering plant native to the tropical and subtropical regions of Africa, Asia and Mexico.

As a herbal tea it is naturally caffeine free, high in vitamin C and antioxidants like anthocyanins. Anthocyanins are thought to support heart health and reduce inflammation.

Source: Melican, Nigel *101 Teas to Steep Before You Die*.
(Salem: Page Tree Books, 2025), 106.