How To Make Pineapple Weed Tea (Delicious & Great For Stress & Insomnia)

You have probably seen pineapple weed thousands of times but never given it a second look. It likes yards and other trampled/beaten and unkempt areas. It is very easy to identify with its pineapple shaped yellow flower heads. It is actually a close relative the chamomile and it has similar calming/sedative properties. In fact I would say it is a more powerful sedative than chamomile.

Pineapple tea is very simple to make and it tastes great, like a sweeter slightly pineapple version of chamomile tea. It is excellent to drink when stressed to help you relax. It is also great to drink before bed to help you sleep.
How To Make Pineapple Weed Tea

You only use the flower heads to make the tea, so go out and collect around a handful (seems about the right amount for a decent sized cup). Make sure you collect from a clean and unpolluted area. Once you have your flower heads, simply put them in a cup, teapot or French press (French press works very well), cover with boiling water and let them sit and steep for 3-5 minutes. Now simply strain and drink!

Pineapple weed tea is delicious and quite sweet by itself, but it is also amazing if you add a spoonful of honey. Give it a try!

Note: I am not aware of any issues relating to drinking pineapple weed tea and medical conditions or medications, but I am not a medical expert, so just to be on the safe side, check with your doctor if you are suffering from a serious medical condition. I am sure it's fine but better to be safe than sorry.

(Image from: Wikipedia)