



Cooking Corner: Infused Water

This time of year, it's especially important to drink enough water, especially if you've been out working in the garden! Here are some quick and fun ways to incorporate fresh garden produce into your hydration routine. Adding herbs, fruits, and vegetables to water makes it beautiful, tasty, and even more refreshing. Experiment with your own additions straight from your garden or the farmer's market.



This infused water includes blueberries, purple basil, and mint.

Here are a few ideas to get you started:

[Cucumber Mint Water](#)

[Herb-Infused Water](#)

[Fruit and herb options, including Chamomile, Mint, Cardamom Water](#)

[Blackberry Mint, Peach Sage, and Cucumber Basil Water](#)

[A host of others...](#)

