

Stevia Liquid Extract

Stevia Rebaudiana is an herb in the Chrysanthemum family. It grows wild as a small shrub in parts of Paraguay and Brazil. The glycosides in its leaves, including up to 10% stevioside, account for its incredible sweetness. The extracts are approximately 300 times sweeter than sugar.

How to Make a Liquid Extract from the Leaves of the Stevia Plant

At the end of October, when the weather begins to cool, it's time to harvest Stevia. First, cut the stems and wash the cuttings thoroughly. To remove all the leaves, grab the stem firmly at the bottom cut end with one hand and with the other hand, pinch the stem, pull and slide downwards. Depending on the amount of stems in your harvest, and using the ratio 1 cup water to 3 cups stevia leaves, bring desired amount of water to a boil in a large pot. Add the stevia leaves, cover the pot and allow the mixture to boil for about three to five minutes. Remove the pot from the heat and let the liquid to steep for about 20 minutes. Remove the leaves and squeeze any remaining liquid out into the pot. Pour the liquid "tea" into a smaller pot, and over low heat, reduce the liquid by half. Our best estimate is that 1 teaspoon of the liquid is about as sweet as 5 teaspoons of sugar. Of course, this will depend on the quality of the leaves and when they are harvested.

Information provided by Little Red Nursery
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