Featuring Stevia

Tips for Using Stevia

- Stevia can be purchased as a growing plant, powdered or cut and dried leaf, powdered or clear liquid extract or in tea bags.
- Experiment with using fresh stevia leaves. Finely chop or steep a leaf in hot teas or cold beverages like iced tea and lemonade, sauces and salad dressings.
- The sweetness in stevia is stable so it can also be used in baking.
- If more than 1 tablespoon is needed, it is better to use an extract or concentrated form rather than the full leaf to prevent a “grassy” taste.
- Fresh leaves are less sweet than dried but still much sweeter than sugar.
- Powder your own stevia by processing dried leave in a blender, food processor or coffee grinder for a few seconds. Store in an air tight container. About 1 Tablespoon of stevia powder equals ½ cup of sugar.
- Make a stevia syrup by adding one cup of warm water to ¼ cup fresh, finely crushed stevia leaves in an airtight container. Let the mixture sit for 24 hours. Strain and store in the refrigerator.
- Use fresh, powdered or extract in much the same way, adjusting the amounts to taste.
- Commercial powdered stevia often contains filler such as maltodextrin.

For recipes and more information on growing, harvesting and using stevia, please visit HSA’s Library, select Online Catalog and enter stevia into the search window.