

HERBS FOR TEA

~ PUTTING GOOD FOOD ON TABLES AND AGENDAS ~

GROWING HERBS

- Most herbs thrive in full sun in average, well drained soil.
- Most can be grown in planters.
- Pruning early and often will promote the best growth.

Start from Seed

Basil	Chives*
Dill*	Parsley
Hyssop*	Chamomile*
Cilantro/Coriander	Borage*
Bee Balm*	Sorrel
Summer Savory	

*Self seeders – will spread

Start from Roots or Cuttings

Rosemary	Thyme
Sage	Tarragon**
Mint **	Oregano
Lemon/Lime Balm**	Bee Balm**
Lavender	Stevia
Chives/Garlic Chives	Echinacea
Lemon Grass	Lemon Verbena

** Aggressive root growth – will spread

PRUNING & HARVESTING

- For the most prolific, luscious and tasty herbs prune early and prune often.
- Woody stems (rosemary, thyme, lemon verbena, lavender) will not regrow new stems.
- Harvest before flowering for best flavor and multiple harvests.
- Harvest herbs mid-morning after dew has gone and oils are most intense.
- Do not harvest more than 1/3 of the plant at any one time (except the last harvest).
- Cut top down above where leaves intersect stem (basil, mint, lemon balm, hyssop, thyme, lavender, lemon verbena, sage, etc.)
- Pick outside in for parsley, sorrel, lovage, tarragon, lemon grass, cilantro, chives, etc.

DRYING & STORING HERBS

- Hang dry in small bundles in a dark, dry place with plenty of air circulation.
- Or use a microwave (30 seconds at 50%), oven (150°F), dehydrator (95°F) or paper bag.
- Wash and remove all surface moisture before drying.
- Cool completely before storing.
- Store herbs whole in a dark, dry space with consistent temperatures.

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Herbal Teas

Herbal teas are infusions made from dried fruits, flowers, spices and herbs. Herbal infusions or tisanes have been used for centuries for both pleasure and medicinal benefits.

When making your own blends, choose a single plant or whatever combination you prefer. Keep it caffeine free or add black, green or oolong tea to the mix. There are no set rules – base your combination on your personal preferences for flavor, color, availability, medicinal benefits, etc.

Common Herbs Ideal for Teas

Chamomile – helps calm nerves, reduce stress, soothe the digestive system and promote sleep

Hyssop – a lovely scent good for the heart, digestive system and for promoting sleep

Sage – a woody scent to help clear the mind and soothe sore throats

Rosemary – stimulates circulation to soothe aches and pains, also helps clear congestion

Peppermint – menthol flavor for relaxing muscles, soothing sore throats and relieving stress

Chocolate Mint – chocolate and peppermint flavor to enjoy and promote relaxation

Spearmint – milder mint great for soothing digestive issues

Apple mint & Other Fruit Mints – mild mint flavor good for digestion

Lemon Balm – helps clear the mind and lift spirits

Lemon Verbena – rejuvenating fresh scent helpful for indigestions, cramps and nausea

Lemon Grass – great flavor with properties to boost immune system

Lemon Thyme – light lemony flavor beneficial for digestive system and colds

Thyme – helps with cramps and coughs

Nettle – loaded with nutrients and minerals to relieve pain, fight infection and promote health

Hibiscus – flavorful and colorful flower helps blood pressure and soothes sore throats

Rose petals – beautiful scent to help relax and lift spirits

Calendula petals – soothes dry, itchy skin

Stevia – intensely sweet, use to sweeten tea blend

Brewing Herbal Tea

Each tea blend has its own optimal brew temperature and time. Experiment to find what works best for you and your homemade blends. Some herbs, like chamomile, can taste bitter if steeped too long. Here's a general guideline to consider:

1 cup of boiling water

1 Tbsp tea mix

Steep for 3-5 minutes.

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Herbal Tea Blend Ideas

Fruitti Tutti

A fun, fruity energizing tea.

2 parts dried apple
1 part lemon verbena
1 part lemon grass
1/2 part dried rhubarb
1/2 part hibiscus
1/4 part cinnamon sticks

1 cup blended tea = ~15-16 tea bags (1 Tbsp/bag)

Tummy Care

A soothing blend for upset stomachs.

2 parts chamomile
1 part mint
1 part anise hyssop

Chocolatea Peppermint

The perfect after dinner mint.

1 part chocolate mint

Re-vitalize

When you need a little pick-me-up.

1 part nettle
1 part anise hyssop
1/2 part rose hips
1/4 part cinnamon sticks

Mind Sharpener

Reduce stress & boost your memory.

4 parts lemon verbena
1 part rosemary
1/4 part dried turmeric

Cold & Flu Fighter

A comforting health booster.

1 part lemon grass
1 part nettle
1/2 part dried ginger

CAUTION: Drinking moderate amounts of herbal tea is generally safe. However, all plants may cause allergies or undesirable side effects. Research ingredients thoroughly if you plan to have more than an occasional cup of herbal tea, especially if you are pregnant or your immune system is delicate.