

## **Grow Your Own Tea Garden**

**by Helen Huber**

Tea gardens can be planted in a garden bed, a handful of pots, or any space you have available that gets at least six hours of sun. The leaves can be harvested and dried. Generally, use 1 tablespoon of fresh herbs or 1 teaspoon of dried herbs with 1 cup of boiling water. Pour the boiling water over the harvested leaves or flowers, depending on the variety, steep until sufficiently fragrant, strain and sip.

Dried herbs, flowers, or leaves can be stored in airtight containers for up to one year. Afterwards, they will still be good but probably not as aromatic.

**Please check online for any health effects of a particular herbal tea before drinking.**

Suggestions for a tea garden are below:

Some plants that make great tea gardens include chamomile, mint (any variety), pineapple sage, calendula, and sage. These are best grown in individual pots as they can spread and overtake surrounding plants.

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### **How to brew chamomile tea:**

1. Harvest your chamomile flowers by popping the heads off the stems. If you use them fresh, it's recommended to brew your tea on the same day you've harvested it.
2. Boil around 1 cup of water for each serving of tea.
3. Pour the boiling water over the chamomile flowers and then steep it for five to seven minutes.
4. Strain and enjoy.



### **How to brew mint tea:**

1. Tear the mint leaves by hand and use around 1 tablespoon per tea serving. The leaves will go into your infuser or the cup.
2. Boil 1 cup of water per serving.
3. Pour the boiling water over the leaves and steep the tea six to eight minutes.
4. Strain and enjoy.

## How to brew pineapple sage tea:

1. Harvest around 1-2 tablespoons of pineapple sage leaves and place in a cup.
2. Pour boiling water over the leaves and allow it to steep for about 5 minutes until fragrant.
3. Drink as is or add a small pour of pineapple juice, honey, and/or lime.



## How to brew calendula tea:

1. Add 2 tablespoons of fresh calendula blossoms or *an equal amount* of dried calendula in a cup.
2. Pour 1 cup boiling water over the blossoms.
3. Cover and steep for 8-10 minutes.
4. Strain and enjoy.

## How to brew sage tea:

1. Add 1 tablespoon fresh sage leaves or 1 teaspoon dried sage to a cup.
2. Add 1 cup boiling water and steep for 3-5 minutes.
3. Strain and enjoy with lemon and/or honey.



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