

Seeds2Plate



Tea From the Garden Reference

For organically grown, dried herbs and tea blends, shop at <https://seeds2plate.com/product-category/dried-herbs/>

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Tea Ingredients from the Mint family

- Basil (Sweet, Holy, Lettuce Leaf, Dark Purple)
- Bee Balm
- Catnip
- Hyssop
- Lavender
- Lemon Balm
- Mint (Spearmint, Peppermint, Sweet, Chocolate)
- Marjoram
- Oregano
- Rosemary
- Sage
- Savory
- Thyme

More Tea Ingredients from Your Garden

- Chamomile flowers
- Hibiscus flowers
- Lemon grass
- Hops
- Angelica leaves
- Dill leaves
- Coriander seeds
- Fennel seeds
- Strawberry leaves
- Raspberry leaves
- Borage
- Rosemary leaves
- Dandelion root
- Clover (red or white)

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Preparation, Brewing and Tasting

Harvesting

- Pick Herbs before they go to seed when flavors are strongest
- Seeds/ roots can be harvested at the end of the season for the plant

Dehydrating Methods

- Air dry
- Heat source (oven or dehydrator)
- Microwave

Storing

- Use opaque, airtight containers or glass that is stored in dark cabinet
- Desiccants can be used to reduce moisture
- Freezer

Steeping

- Use boiling water
- Put ingredients in a tea bag, infuser or directly into a pot
- Steep for at least 15 minutes and then strain out

Serving and enjoying

- Teas can be served hot, cold or at room temperature
- Make stronger if serving over ice

Proportions

Rule of thumb for 1c of water:

- Use 1-2 tsp of seeds or dried ingredients

OR

- Use 1-2 tbsp of fresh ingredients

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Blending options:



Base: 3 parts

Supporting: 1-2

Accent: 1/4-1

Source:
<https://blog.mountainroseherbs.com/guide-tea-blending>