

# Herbs That Make A Great Cup Of Tea



**Patty's Plants**

**Anise hyssop**—Lightly licorice. Use this with apple mint and a cinnamon stick for a spicy wintertime drink. Sometimes called licorice mint but is not a real mint. It grows 4 feet and has fuzzy blue bullet shaped flowers. It needs to be used as a back drop plant. This is also hardy. Can take some shade but prefers sun. Blooms June to September with 2" long purplish spikes of tiny flowers.

**Bee balm**-Bergamot is a tall perennial to be used as a back drop. It needs good air circulation or it can get powdery mildew. Can take afternoon shade. Helpful with nausea and vomiting. You can use both the flowers and the leaves. Make your own Earl Grey with the leaves and flowers. Just mix with English Breakfast tea.

**Borage**—Annual. All you need is one plant because it will reseed everywhere. The flowers are edible and can be frozen in ice cube trays to be put in ice tea or lemonade.

It's said borage tea is a good remedy for colds, flu, and reducing fevers. 24"+ Bright blue flowers. May control tomato horn worm. Candied flowers too.

**Chamomile**— Has an lightly floral favor. A nighttime tea to calm the nerves. Chamomile only grows 8 inches tall, with ferny-like leaves and tiny daisy flowers.

The flowers are what you use to make your calming tea. Since this tea is made from the flowers some people may be allergic to it. (Pollen)

**Lemon balm**— A soft lemon taste. Add this to green or black tea for a little extra touch. Lemon balm grows about a foot or so high. You need to cut it back before it flowers to maintain its shape and keep seeds from forming as it reseeds itself very well. It is in the mint family and is hardy. Eases stuffiness, steam and breath in.

**Lemongrass**— Very strong in lemon flavor. Great added to tea and excellent in cooking. This grows very tall and is not hardy. If you want to grow some indoors, divide it and plant it in a container, put in a sunny area.

**Lemon verbena**— Another very strong lemony flavor. Lemon verbena is considered a tender perennial. But here in Wisconsin it must come in the house for the winter, in a nice sunny location. Holds its scent for a very long time after drying. 2-4 ft.

**Sage**- **Salvia officinalis**- Made as a tea mixed with vinegar is good for sore throats when gargled. It was thought to promote longevity in the middle ages. Said to reduce sweating. It is only safe in small doses, don't drink more than one week at a time. Perennial that likes sun.

**(Pineapple sage)** is an annual, it is good in a tea mixed with lemon verbena, orange mint, anise hyssops and a little cinnamon for added spice. Good on a cold winters night. 3-4 ft.

## MINTS-

Mints are one of the most popular herbal tea ingredients because of their full-bodied, sharp, refreshing flavors and aromas. They are easy to grow but tend to want to grow anywhere. If you want them to stay in control, you might want to grow them in large terra-cotta containers. These can be planted right in the garden to help contain them. Mints are very hardy and usually survive even the worse winters. In a trouble spot like a steep hillside, they would be very happy taking over. Removing a patch would be best done in the spring when the ground is soft. The roots grow close to the surface and are easier to pull. Use in sauces, sprinkled in salads, even dessert recipes. May not want to plant them next to each other unless there is some kind of divider. Shade Tolerate. Put in ice cube trays to add to sun tea.

**Chocolate peppermint**—Smells like a peppermint patty, but it really doesn't have an chocolate taste.

**Peppermint**— Has a very strong menthol flavor and is wonderful for an upset tummy.

**Orange mint**— Citrus aroma and fruity taste. Blends wonderfully with lemon verbena, lemon balm and pineapple sage for a refreshing summer drink. Hot or cold. 2 ft

**Spearmint**— Mildly menthol, also very soothing. Spearmint leaves are pointed, smooth and hairless. It grows about 12 inches tall.

**Apple mint**—A fruity apple flavor. This mint has very large leaves so you don't need much when making tea. A couple of leaves only. Apple mint gets 2 feet high.

**Pineapple Mint** — If you love pineapple this is the one for you.. Blend it with pineapple sage and make into iced tea. Don't forget to add slices of fresh pineapple too! Yum, Yum This mint has fuzzy variegated leaves and grows 2 feet tall.

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