

SOUTHERN HARVEST

QUALITY SEED FOR KITCHEN, COTTAGE & NATIVE GARDENERS



Herbal Teas

There is nothing better than flicking the switch on the kettle and then wandering out into the garden and picking some fresh leaves or flowers. Plonking them into your mug and filling with hot water to let the flavours and smells steep out.

Fresh leaves, flowers and seeds can also be dried and kept in an air tight container for later use as a tea.

Plants contain many different compounds, like essential oils and phytonutrients. Some are reputed to have medicinal qualities. Always be sure of what species you are harvesting from as some plants can have harmful effects.

Below is a list of some of our plants that can be used for herbal teas.

Anise Hyssop (*Agastache foeniculum*) – Perennial. One of our favourites to use as an ornamental plant and in tea. A sweet anise flavour. Leaves.

Bergamot/Horsemint (*Monarda fistulosa*) – Perennial. Leaves.

Chamomile (*Chamomilla recutita* & *Chamaemelum nobile*) – Perennials. German and Roman Chamomile. Both popular herbals teas (German the most commonly used one in tea). Flowers.

Hyssop (*Hyssopus officinalis*) – Perennial. A strong flavour, a mix of sage and mint. Leaves and flowers.

Horsemint (*Monarda fistulosa*) – Perennial. A refreshing minty flavoured tea. Also known as beebalm or wild bergamot. Leaves.

Korean Mint (*Agastache rugosa*) – Perennial. Cousin to Anise Hyssop and similar in flavour. Also a great ornamental plant. Leaves.

Lemon Balm (*Melissa officinalis*) – Perennial. Another of our favourites that has leaves all year and a strong lemon flavour. Leaves.

Lemon Bergamot (*Monarda citriodora*) – Annual. Your classic bergamot with a strong flavour. Leaves.

Lemon Grass (*Cymbopogon spp.*) – Perennial. Strong lemon flavour. Leaves.

Mexican Tarragon (*Tagetes lucida*) – Perennial. A yummy anise flavoured tea, popular in Central and Southern America. Leaves and flowers.

Mountain Mint (*Calamintha nepeta*) – Perennial. A mild minty flavour with a hint of sweetness. Leaves.

Oregano (*Origanum vulgare*) – Perennial. A strong flavoured tea that we like to mix with others. Leaves.

Oswego Tea (*Monarda didyma*) – Perennials. Also known as bee-balm. A similar flavour to other bergamots but with a hint of orange.

Rosella (*Hibiscus sabdariffa*) – Annual. The flowers give a refreshing red tea.

Rosemary (*Rosmarinus officinalis*) – Perennial. A strong flavoured tea to help sharpen the mind and wake you up. Leaves.

Sage (*Salvia officinalis*) – Perennial. A strong tea that needs taming with some of the sweeter herbs. Leaves.

Savory, Summer (*Satureja hortensis*) – Annual. A peppery flavoured leaf.

Savory, Winter (*Satureja montana*) – Perennial. A strong sharp, peppery leaf that we like to use with Anise Hyssop or one of the lemon flavoured teas. A stronger flavour than Summer Savory.

Thyme (*Thymus vulgaris*) – Perennial. A spicy/peppery tea that we tend to mix with others. Leaves and flowers.