

## Garden Teas Workshop



### **You will need:**

#### Mint and Honey

Mint (handful of leaves fresh from garden)

Honey (1x teaspoon to taste)

### Lemon and Grapefruit

Lemon balm (a few large handfuls dried)

Grapefruit rind (1x grapefruit rind grated and dried)

Ginger (1x teaspoon freshly grated to taste)

### Camomile and Lavender

Camomile (handful of heads - dried)

Lavender (handful of flowers – dried)



*Camomile and lavender*



*Lemon balm, grapefruit, ginger*



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Generally when making herbal teas, its good to prepare your tea mixes in advance by drying your herbs, ideally in a dehydrating machine, or by hanging them upside down somewhere warm until they are completely dry. When dry, crunch leaves such as lemon balm into smaller 'leaves' and store in airtight jar, mixed with your selected peels. Add the fresh ginger direct to your cup when ready to make a brew of lemon balm, grapefruit (peel) and fresh ginger tea.

As a rule, stick to one teaspoon per person and 'one for the pot' when adding to your mix to the teapot. Then add your boiling water and leave to 'steep' for five minutes. Some pots have a built in vessel for holding the tealeaves in place when pouring, or you can use a strainer to catch the leaves and prevent them from filing your cup.

A Moroccan teapot is designed so that you can put whole springs of mint leaves directly into the pot, and they will not make their way down the spout. It's best to make mint tea with fresh leaves rather than dried, for an extra fresh flavour. Add honey to sweeten either to your pot or cup directly.

If you don't have a teapot, use an individual tea strainer, just add a teaspoon of camomile heads into your strainer, with half a teaspoon of lavender flowers and leave to steep in your cup. Enjoy the taste of your home grown herbal teas, and reap the benefits of their healing properties.



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*Lemon balm* – great for anxiety and insomnia, a digestive also, great for a bedtime brew. Lemon balm is also in lots of natural anti depressants so helpful during bouts of anxiety.

*Grapefruit* – appetite stimulant, great for removing fatty deposits, helps to regulate the appetite so is helpful for people dealing with weight issues. Grapefruit is also a detoxifier, so good for a hangover, and regulates sleep hence used by people who travel a lot. It also helps to focus and clear the mind, so great during exam time.

*Ginger* – good for nausea and sickness, generates heat in the body, good for people who do too much; a cup of ginger tea is stimulating yet grounding, leaving you active without the need for caffeine. It is also great for muscle cramps, post exercise recovery, and during menstruation.

*Mint* – stimulating and refreshing, helps to boost your metabolism and aids digestion. Mint is anti-inflammatory and helps open the airways, so great for asthma sufferers and for general cough and cold remedies.

*Honey* – natural antiseptic, antihistamine, and general all round brilliant healing super-food. Put direct onto skin for cuts and boils, and is an antidote for bee stings (after removing the sting). Great for gardeners!

*Camomile* – sedative, relaxing, and useful for sleep remedies because of its calming effect. It is soothing to the skin and can be used as a compress on scalds. It's also good for the digestive system and helps relax the stomach.

*Lavender* – calming, good for sleep, a sedative for the nervous system, good for relieving worry, stress, and migraines. Good to try dried lavender flowers mixed with rice in an eye bag placed over the eyes at night to encourage relaxation and a good nights sleep.