



Herbal Tea Garden

Herbal tea is always a delight, especially when prepared from garden-fresh herbs. Here are a few good tea herbs to try in your own garden:

<u>Plant</u>	<u>Height</u>	<u>Width</u>
Peppermint	1'-2'	spreads by rhizomes (can be invasive)
Roman Chamomile	4'	spreads
Rosemary	2'-4'	2'-3' (not hardy - set out in pots, overwinter indoors)
Lemon Verbena	3'-4'	1'-3'
Lemon Balm	2'-3'	spreads
Bee Balm	2'-4'	spreads
Catnip	1'-2'	spreads (can be invasive)
Rose Geranium	2'-3'	1'-2' (not hardy - set out in pots, overwinter indoors)
Italian Parsley	1'-2'	1'

If garden space is at a premium, most of the herbs listed above will do well in window boxes or containers that can grace a patio or sitting area. Serve herbal teas hot or iced. Freeze teas into cubes or rings in punch. Experiment and have fun!

Make tea from either fresh or dry herbs. To properly prepare herbal tea, follow these steps:

- ✓ Use 2-3 T fresh, or 1-3 tsp. dry herbs per cup of water.
- ✓ Heat water just to the boiling point.
- ✓ Gently add water to herbs, stir and steep for 8-10 minutes.
- ✓ Taste to determine strength; add sweetener if desired.

To dry tea herbs, harvest leaves just as the plant begins to flower and tie in small bunches with string. Hang to dry in a dark, warm place. When leaves are completely dry, remove them gently from their stems and crumble them into a paper bag. Store crushed leaves in glass or metal containers in a dry, dark place.

See back side of this sheet for a sample herbal tea garden.

Original fact sheet and drawing prepared by UNH Master Gardener Layne White, revised 9/00

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