



## HERB TEA (INFUSION)

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| <b>Season:</b>          | Spring/Summer/Autumn/Winter                  |
| <b>From the garden:</b> | Herbs  |
| <b>Type:</b>            | Drink  |
| <b>Difficulty:</b>      | Easy   |
| <b>Serves:</b>          | 1 cup per participant (including volunteers) |
| <b>Source:</b>          | Palmer's Garden centre website               |

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### Equipment

- 1 kettle
- Teapot(s) or Plungers
- Tea strainer

### Ingredients

- A small handful of herbs
  - Boiling water
  - Honey (optional)
  - Lemon juice (optional)
  - Ginger Root (optional)
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### How to make it

- Boil the water in the kettle and let it cool for two minutes.
- Add the herbs to the teapot and pour boiled water in and allow to infuse for 5 minutes.  
(Hot: You might need an adult to help with this)
- Pour in to cups and serve. You may need to use a tea strainer.

### Notes:

Here are some suggestions for herbs to use in your tea and their medicinal benefits. If you would like to sweeten your herbal tea, stir in a little honey. It is also nice to grate a little ginger root and a squeeze of lemon juice for a warming winter drink. The children will enjoy experimenting with the flavours to discover their favourite brews.

- Lemongrass:** When used as a tea, help rebalance intestinal flora.
- Peppermint:** Calming herb and great for relieving colds.
- Calendula:** The petals are used in antifungal creams.
- Borage:** Use the petals in summer in cooking or as an adrenal tonic
- Rosemary:** Use leaves for a calming tea that helps circulation

- 🍵 **Pineapple Sage:** Good for indigestion and heartburn
- 🍵 **Olive tree leaves:** Make a good anti viral tea and help soothe a cold and sore throat
- 🍵 **Kawakawa:** The leaves make a tea that is calming, anti-inflammatory and good for pain relief
- 🍵 **Lavender:** Use the petals in Summer to make a relaxing tea
- 🍵 **Lemon Balm:** calming tea, useful for all problems arising from tension and stress
- 🍵 **Lemon Verbena Tea:** Useful for boosting the immune system, reducing inflammation and protects muscles

You might like to try these drinks chilled in the summer. You could also experiment with chilled water drinks adding cucumber, berries or other summer fruits to water and chill. Deliciously refreshing!