

## Warning

Some people may be sensitive to some herbs especially those in the Asteraceae family i.e. Echinacea and Chamomile. Always seek professional guidance from a Medical Herbalist before using herbs, especially if pregnant, breastfeeding or using orthodox medications, as many herbs have medicinal properties.

Some herbs can cause skin irritations when touched.

Correct identification is essential, so use reputable sources for herbs and learn foraging skills with a professional.



## Thyme for Tea

With grateful thanks to our sponsors:-

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“Drink your tea slowly and reverently, as if the axis on which the world earth revolves slowly, evenly, without rushing towards the future”

*Tich Nhat Hanh b 1926*



"Let food be thy medicine and thy medicine be thy food"

Hippocrates c460-370bc

## Infusion Method How to make Tea



Herbal infusions/teas should never be drunk very hot nor indeed should any liquid. They are to be sipped slowly and enjoyed. Fresh herbs need bruising or tearing to open up the cell structure.

Place chosen herb in a teapot and add boiling water and cover. Allow 10-15 mins for the therapeutic content of the herb to infuse into the water. Strain and drink.

As a general rule 1 teaspoon of dried herb to 1 pint of water or 3 teaspoons to 1 pint if using fresh. However experiment to suit your own taste and needs.

Remember Herbs are food and food is medicine, do not take in excess.

All herbs have a window in time when they are at their best for display, for teas, or for medicine. In our garden we have not displayed some of our more common herbs i.e. Dandelion, Cleavers, Plantain, Nettle and Hawthorn etc. However they all have their place and can be used.

Listed below are some of the herbs we have chosen in our 2015 RHS Garden display and the part used for teas.

**Aloysia citrodora/Lemon verbena** - leaf

**Althaea officinalis/Marshmallow** - leaf & flower

**Borago officinalis/Borage** - leaf & flowers

**Calendula/Pot marigold** - flower

**Centaurea cyanus/Cornflower** - flowers

**Echinacea angustifolia/Echinacea** - leaf & flower

**Foeniculum vulgare/Fennel** - seed

**Ginkgo biloba/Ginkgo** - leaf

**Matricaria recutita/German Chamomile** - flower

**Humulus officinalis/Hop** - leaf & flower

**Hyssopus officinalis/Hyssop** - leaf & flower

**Lavandula angustifolia/Lavender** - flower

**Melissa officinalis/Lemon balm** - leaf

**Mentha piperita/Black peppermint** - leaf

**Pelargonium Attar of Roses** - leaf

**Pelargonium Mabel Gray** - leaf

**Salvia officinalis/Sage** - leaf

**Thymus vulgaris/Thyme** - leaf & flower

Garden display supplied by  
Hooksgreen Herbs.

**[www.hooksgreenherbs.com](http://www.hooksgreenherbs.com)**

The herb garden was designed by  
Margaret Kewley, a local garden designer.

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