

ANOTHER
HERB HERBERT
FACT SHEET

SPECIAL INTEREST HERBS



HERBAL TEAS

Bergamot, German Chamomile, Lemon Balm,
Lemon Grass, Lemon Verbena, Peppermint, Yarrow

INTRO
Why Drink Herb Teas?
Why should we limit ourselves to a simple cup of tea or coffee when there are so many flavoursome and beneficial herbal teas available. The home use of herbal teas as a preventative medicine is relatively untapped, though a vastly useful health measure.
Of course, herbal teas also open up a whole new avenue of drinking pleasures and taste sensations. Try adding a slice of lemon, a spoon of honey, a piece of orange peel or use a cinnamon stick to stir your tea. Let your imagination run wild!

DESCRPTION
Bergamot (Monarda didyma) Bergamot makes a delightful tea with a fragrant citrusy-mint flavour. It helps to ease nausea, digestive complaints and colds and congestion. Add Bergamot leaves to normal tea for a similar taste to 'Earl Grey' tea.

Chamomile German (Matricaria recutita) One of the most popular herb teas. It's been described as a blend of apples and cloves, with the aroma of a spring flower arrangement. Chamomile tea is an excellent aid to dispelling tension, to calming the muscular and nervous systems and easing digestion. Good for colic and teething problems in children.

Lemon Balm (Melissa officinalis)

The taste of Lemon Balm tea is similar to that of a sweet mint tea with the added touch of lemon. Use Lemon Balm as a mild digestive aid or a nerve tonic. The ancients believed Lemon Balm would ensure long life.

Lemon Grass (Cymbopogon citratus) A refreshing tea, Lemon Grass tea has a relaxing effect on the nervous system and has been used as an anti-fever tea for colds, flu and fevers. Very high in Vitamins A and C.

Lemon Verbena (Aloysia triphylla) Lemon Verbena has a warm, sweet, lemony taste and is often added to black teas. The essential oils are considered beneficial as a mild sedative and cooling balm that will help drive away fever. Also believed to aid digestion.

Peppermint (Mentha piperita) Peppermint has a flavour most people know and enjoy. Use as a hot tea in winter, or as a cool drink or fruit punch base in summer. It's menthol oil is a valuable digestive stimulant easing flatulence, colic and heartburn. With it's powerful menthol action, peppermint tea is great for anyone suffering from the clogged head that goes with a cold or flu.

Yarrow White (Achillea millefolium) Yarrow tea is slightly bitter in flavour. Yarrow tea is an aid to digestive and menstrual problems as well as inducing perspiration which helps to cleanse the system and cure a bad cold.

USES
How do I make a herbal tea?
The first thing you need is patience, if you don't allow ample time for brewing, you'll end up with faintly flavoured hot water instead of tea. Unlike ordinary leaf tea, herbal teas do not become darker in colour the longer they brew, but remain pale. Herbal teas are made by infusion, which is simply pouring boiling water over the leaves and allowing the mixture to steep. How much herb you use depends on whether you use fresh or dried herbs. As a general rule use ¼ cup fresh herbs, or 2 teaspoons of dried herb to 1 cup of boiling water. Always pour the boiling water over the herbs and allow to steep for 5 minutes. You can add honey to sweeten your tea if you desire, or add a squeeze of lemon.



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