

15 DELICIOUS TEAS

From Your Garden

Christine J. Dalziel



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Greenwood, British Columbia

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Introduction:

Tea is one of the most interesting, and versatile ways of enjoying many medicinal herbs. It is accessible, customizable, and quick. Tea let's us try single herbs, and blends, to learn, memorize, and enjoy our herbal allies.

Teas also help your body learn what herbs are, and what herbs might help it in certain circumstances.

As an example. When I (Sarah) concussed myself at a short-term job, it was my first concussion and I didn't realize it until 18 hours later. By 36 hours later, I was both dizzy and nauseous, but my body was craving yarrow. Now, yarrow is extremely bitter and medicinal tasting, so craving it while simultaneously being nauseous was strange. But, one cup of slowly sipped yarrow tea and two hours later, the main concussion symptoms had dissipated. Multiple cups of yarrow tea, and a few days, and all symptoms had disappeared. The second time I had a concussion, I reached for the yarrow tea immediately, instead of waiting!

Our bodies are fully capable of learning the properties of the herbs we expose ourselves to on a regular basis. Sarah's story is just one example of the body knowing what it needs, because of frequent exposure to herbs in teas, tinctures, dried form, and in foods.

The following tea recipes are examples drawn from many of The DIY Herbal Fellowship masterclasses, and our Herb of the Month Club recipe segments.

Each recipe has the name of the masterclass, or Herb of the Month that it was drawn from, as well.

Lemon-Ginger-Honey Drink for Colds and Flu

From: Growing and Using Herbal Anti-virals

Ginger promotes your body to sweat which diffuses internal heat to your arms and legs and helps you feel better. It also relieves sinus congestion and the aches and pains of the flu. Lemon juice also helps cut the mucus that is prolific during a cold or the flu and soothes sore throat.

Try this easy to make remedy to ease the aches, congestion, and nausea of cold and flu season.

Yield: 1 cup

- 1 inch piece of ginger, peeled and grated
- Juice of ½ lemon
- Boiled water to fill mug
- ½ to 1 teaspoon of organic honey

Directions:

1. Place lemon juice in a mug. Put ginger in a tea strainer or tea ball. Place the strainer into the same mug as the lemon juice. Pour boiled water over it.
2. Cover and let steep for 10 minutes. Remove the strainer and stir in honey to taste.
3. Drink while still warm for best results.



Lemon Balm Tea

From: Lemon Balm Herb of the Month

Lemon balm has a calming effect, and is also antiviral, antioxidant, and anti-inflammatory. Combine it with other immune strengthening herbs to make a tea helpful against colds and flu, aches and pains, congestion, and fever.

Yield: 3 cups or 48 servings

Make with dried herbs for storage.

- 1 cup elderflower, dried
- 1 cup lemon balm, dried
- 1 cup catnip, dried

Directions:

1. Mix herbs together in a large bowl. When the tea is mixed, put it into a glass jar for storage. You can also fill tea bags with 1 tablespoon of the tea mixture, and store it that way.
2. When making tea use a full tablespoon of herb per cup of tea. Use water that is off the boil and no longer bubbling. Steep covered for 15 minutes, to prevent the volatile oils from escaping. Sweeten with local honey if desired.



Decongestant Steam Tea

From: Bee Balm Herb of the Month

Bee balm, peppermint, lemon balm teas are made by blending herbs, often in equal parts. Look at how much of a dried herb you have on hand to help determine the amount to use. If you only have ¼ cup of peppermint, and more of the other two, do parts based off of ¼ cup. If you have plenty of all herbs, use a full cup as a single part.

Yield: Varies

- 1 part dried bee balm leaves and flowers
- 1 part dried peppermint leaves
- 1 part dried lemon balm leaves

Use a large, glass container to blend the three herbs together.

Place by tablespoons in sealable tea-bags, seal, and store in a glass jar.

Alternatively, store as loose tea in a jar.

To use:

1. Pour just boiled water into a glass bowl, and add one tablespoon of tea mixture (loose or in a tea bag). Steep covered for 10 minutes.
2. When it has cooled enough that the steam is no longer dangerously hot, place head over bowl. Cover head with a towel and breathe the aromatic vapours to clear sinuses and remove head congestion.

Echinacea Anti-Cough Tea:

From: Herbs for the Respiratory System Masterclass

Take when faced with coughing, or a persistent cough. Soothing to the throat. Depending on the quantity of herbs on hand, tailor parts to work with the smallest amount available. A good starting part amount is ¼ cup.

Note: this is a cooling tea, if you are not running a fever use a tea blend without peppermint instead.

Yield: Varies

- 1 part chamomile
- 1 part echinacea flowers
- 1 part marsh mallow or slippery elm bark
- 1 part peppermint

Directions:

1. Use all dried ingredients.
2. Measure each part into a large bowl, mix together.
3. Either store in a glass jar, with a label. Or, portion into 1 table-spoon amounts in press and seal teabags.

To brew: Pour boiling water over 1 tablespoon worth of tea blend (either in a teabag, strainer, or tea ball). Brew, covered, for 5 minutes. Sweeten with honey, to taste. Can be served hot or cold, add honey while hot.



Hot Flashes Tea

From: Herbs for Menopause and Peri-menopause masterclass

Mix depending on the amount you want on hand, good part sizes are ¼ to ½ cup.

Yield: Varies

- 2 parts motherwort
- 1 part anise seed
- 1 part peppermint
- 1 part hawthorn haws
- 2 parts sage
- 2 parts black cohosh

Directions:

1. Measure herbs into a large, dry, bowl. Hand mix until herbs appear evenly distributed. Pour into a glass jar, and store in a cool, dark, and dry location.
2. Make sure to label and date.

Use: 1 tablespoon tea blend per cup of hot water. Steep covered with just boiled water for 5-8 minutes.

Motherwort is a very bitter herb, so feel free to add local, wildflower honey to taste.

Peppermint and chamomile for Upset Tum- mies

From: Safe Herbs for Pregnancy and Lactation Masterclass

This is a calming and soothing tea, that can help calm morning sickness, or any upset stomach, and can also help you get a good night's rest. Stick with German chamomile for this recipe, if using while pregnant.

Otherwise roman chamomile can be used.

Yield: 1 cup

- 1 teaspoon dried peppermint
- 1 teaspoon dried German Chamomile flowers

Directions:

1. Place peppermint and chamomile in a tea-ball and cover with boiling water.
2. Let steep, covered, for 5 minutes.
3. Remove tea-ball, and add honey to taste.

For bulk mixing, use one part chamomile to one part peppermint. You can pre-make tea-bags with 1 tablespoon of the mix in a press-and-seal teabag.



Chamomile Rose Sun Tea

From: Chamomile Herb of the Month

In the summer when the sun is bright, use its strength to make cold tea in a Mason jar. Sometimes we put this tea outside on the deck to steep. Other times we steep it in a sunny window.

You can use stevia or a sugar substitute instead of sugar in this recipe.

Yield: 4 cups

- 2 tablespoon Chamomile flowers or chamomile tea
- ¼ cup rose petals, dried
- 3 cups cold water
- 2 tablespoon sugar, or to taste.
- Juice and zest of one lemon

Directions:

1. Place chamomile flowers and rose petals in a strainer that will fit inside a Mason jar. Or leave them loose and strain as you pour it into glasses.
2. Cover with cold water, leaving a one inch head space.
3. Add sugar, lemon juice, and lemon zest.
4. Cover tightly and place in a sunny spot to steep for 2 to 4 hour, until the color of the tea is rich and golden.
5. Strain before serving.



Tummy Calm

From: Dill Herb of the Month

A simple tea blend to calm upset stomach.

Yield: 1 cup

- 5 slices of ginger, thin
- ½ teaspoon fennel seed
- ½ teaspoon dill seed
- Honey to taste

Directions:

1. Place the ginger, fennel, and dill seed in a 2 cup measuring cup or single serving tea pot.
2. Pour boiling water over them.
3. Let steep, covered, for 5-8 minutes.
4. Pour through a strainer into your mug. Add honey to taste and enjoy warm or cold.



Raspberry Hibiscus Tea

From: Raspberry Herb of the Month

A fragrant and slightly fruity tea. The hibiscus adds a beautiful lemony flavor to the nutrition and “green” flavor of the raspberry leaves. Add a few dried raspberries for more fruity-ness, or some local honey for sweetness.

Yield: 32 servings

- 1 cup dried raspberry leaf
- 1 cup dried hibiscus flowers

Directions:

1. In a large, dry bowl, blend the two ingredients. When the ingredients are well mixed, and lightly crumbled together, place in a glass jar.
2. Label and date the glass jar.

Use 1 tablespoon of the mixture per cup of tea.

Steep with hot water, covered, for 5 minutes. Sweeten with honey if desired.



Red raspberry leaf lemonade

From: Raspberry Herb of the Month

This is a refreshing, nutritive, take on summer lemonade.

Per 1 liter pitcher

- ¼ cup dried red raspberry leaves
- ½ cup lemon juice
- ½ cup ripe raspberries, chilled or frozen
- 2-3 tablespoons honey, dissolved in 1 cup warm water

Directions:

1. Brew tea with the red raspberry leaves and two cups boiled water.
2. Let steep, covered, for 15 minutes.
3. Strain out the raspberry leaves, discard the leaves while reserving the liquid.
4. In a one liter pitcher, combine raspberry leaf tea, with lemon juice, dissolved honey, and the ripe raspberries.
5. Mix till blended, the ripe raspberries should end up lightly crushed. Serve cold.



Cramps be gone tea

From: Raspberry Herb of the Month

This tea is soothing, mildly anti-inflammatory, and uterine toning. It is great to help prep for bad cramps, and taking it throughout the cycle can help reduce cramping. Taking it during bad cramps also has benefit.

- 1 cup dried raspberry leaf
- 1 cup dried chamomile flowers
- ¼ cup dried ginger root, powdered

Directions:

1. Blend ingredients in a medium bowl.
2. Store in a pint jar. Label and date.

Use 1 tablespoon of blend per cup of tea. Make with just boiled water, sweeten with honey to taste.



Cold and Flu Tea

From: Sage Herb of the Month

Use at the first sign of cold or flu, this tea is good with honey.

Yield: 48 servings

Ingredients:

- 1 cup dried sage leaf
- 1 cup dried thyme
- 1 cup dried oregano

Directions:

1. Blend equal parts of sage, thyme and oregano in a large dry bowl.
2. For tea bags, place one tablespoon of herb mixture per press and seal tea bag, seal and store in an airtight container. Or, just store in an airtight container and use in a tea ball or tea strainer.

Note: can be used as a gargle or mouthwash, add ½ teaspoon of salt per cup of prepared tea, and gargle away.



Tulsi Basil Tea

From: Basil Herb of the Month

One of the easiest ways to enjoy Tulsi basil. Try this with any of the tulsi basil varieties.

Yield: 1 serving

Ingredients:

- 2 teaspoons tulsi basil
- 1 cup just boiled water
- Honey to taste

Directions:

1. Boil fresh water and measure the tulsi basil into a tea strainer or tea-ball. When water is just boiled, pour over the dried leaves in the tea ball, into your cup.
2. Cover the cup with a lid, a canning jar lid works well or a small plate. Let steep for 5-10 minutes. Remove tea strainer or tea ball from the cup, and add honey to taste.
3. Enjoy



Adaptogen Tea

From: Fenugreek Herb of the Month

This tea is a good adaptogenic booster. It is semi calming, boost digestion, and is a good general health tea.

Yield: 48 servings

- 1 cup Tulsi basil, dried
- ¼ cup Fenugreek seed
- ¼ cup Fennel seed
- ½ cup Turmeric, dried pieces
- ½ cup Ginger, dried fine pieces

Directions:

1. Measure all ingredients into a large, dry bowl. Blend together by hand, until everything is evenly combined. You can use turmeric and ginger powder, but pieces also work and may be easier.
2. Store in an airtight jar, label and date.
3. Or, place 1 teaspoon per press and seal teabag, seal, and store in an airtight container for convenience.

To Use:

Steep 1 teaspoon of tea in just boiled water for 5 minutes, covered. Sweeten with honey to taste, if desired. Enjoy.



Hawthorn-Rosehip-Lemongrass Tea

From: Herbs for the Heart Masterclass

Lemongrass is used in Africa to control blood sugar. In Asia it is used to improve circulation. In South America it is used to reduce inflammation and improve sleep. It is rich in plant sterols that reduce the absorption of dietary cholesterol and improve triglyceride levels and “good” HDL cholesterol levels. This tea has a predominant lemony flavor from the lemon grass, rosehips, and hibiscus.

Yield: 48 servings

- ½ cup lemon grass
- ½ cup Rosehips
- ¼ cup hawthorn berries, whole
- ¼ cup hibiscus (roselle)

Directions:

1. Combine ingredients in a large bowl. Stir together to combine.
2. Transfer to a glass jar. Label and date.

Use 1 teaspoon herbal tea mixture per cup of water. Steep covered

for 10 minutes. Drink hot or cold. This makes a nice ice tea



Bonus: Not Tea (Hot Chocolate)

From: Medicinal Mushrooms Herb of the Month

This may seem more like a food, but it combines the adaptogenic benefits of medicinal mushrooms, with the benefits of dark cocoa, and the heart benefits of cayenne pepper.

Yield: One serving

- 1 teaspoon dried turkey tail powder
- 1 tablespoon cocoa powder
- 1 pinch cayenne pepper powder
- Maple syrup to taste
- 1 cup boiling water

Directions:

1. In your favorite mug, mix together the turkey tail powder, cocoa powder, and cayenne pepper. If you don't like cayenne, switch it with cinnamon powder.
2. Add boiling water, and mix. Add maple syrup and milk to taste.
3. Enjoy while hot.





ABOUT THE AUTHOR

Chris helps natural moms create a homegrown lifestyle so they can create health and wellness for their families naturally. She is a teacher, author, gardener, and herbalist with 35+ years' of growing herbs and formulating herbal remedies, skin care products, soaps, and candles.

Chris is the founder of the [DIY Herbal Fellowship](#), the DIY Herb of the Month Club, the Joybilee Farm blog, and an instructor at [Joybilee Academy](#). Chris believes in giving her readers a quick win because each quick win builds confidence and empowers intuition for self-reliance and natural health.

Chris is the author of the *Dehydrator Cookbook for Beginners, A Guide to Dehydrating Fruits, Vegetables, Meats, and More* (2022), *The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More* (2017), *Homegrown Healing, from Seed to Apothecary* (2016), and *The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence* (2015)