

**Chamomile** - there are 2 types, Roman and German. The German variety is used for herbal tea as it is less bitter than the Roman variety. It is used to help anxiety and insomnia. Needs light to germinate. Don't cover the seeds when spreading in garden.

**Hibiscus** - also called Roselle. Very high in vitamin C, calcium, niacin, riboflavin and iron. Use the calyxes to make the tea.

**Butterfly Pea Vine** - used to make a tea known for its antioxidant properties. Preference for free radicals in the brain. The blue flowers are used as a natural coloring agent.

**Bee Balm** - Spotted Bee Balm, also called Horsemint, is a native plant. It is high in thymol - an anti fungal and antibacterial found also in thyme and oregano. This was used heavily by Native Americans. Today it is still used by herbalists to treat fevers, colds, cough, flu and respiratory congestion.

**Calendula** - is a happy herb that has been used as an antidepressant. It has been commonly used in salves or ointments for skin problems. The whole flower head is used in tea - 1 tablespoon to 1 cup of water. It strengthens the immune system as an anti-inflammatory and stimulates the lymphatic system. Throw a few flowers in soups or stews.

**Mint** - there are about 2000 varieties of mint! Mint opens a person's senses. It has been used to help with gas, bloating, nausea. The high menthol content makes it good for colds and flu. Spearmint is milder than peppermint. Mint smell and flavor can change over time in your garden.

**Lemongrass** - is a phenomenal sources of vitamins and minerals. It has been thoroughly researched by the USDA. Lemongrass is ANTI: microbial, bacterial, fungal and oxidant! It has a strong refreshing flavor that is used in teas, tea blends and food!

**Lippia Alba** - native to the Caribbean and North America. It has been researched extensively. Lemon scent and flavor. It imparts a calming effect when consumed. Do not brew too strongly! Place 3 - 6 leaves in a pot with water and simmer for 5 minutes, let steep for 5 more. Can combine with tulsi.

**Bidens Alba** - also known as Spanish Needle. It is part of the sunflower family. It can treat fever, inflammation and skin diseases. Helps treats wounds, fevers, malaria and is a diuretic. It is a natural insect repellant and soil conditioner. Use dried leaves and flowers for tea. Use as a seasoning in soups.

**Tulsi** - also called Holy Basil is a member of the mint family. It is sacred in India. There are a few varieties: Kapoor, Rama and Krishna and Temperate Tulsi (*Ocimum Africanum*), which is the fruity smelling one we have grown in the garden. It is a superstar! There are many medicinal uses and it has the effect of uplifting your spirit. The leaves and flowers are used as a remedy for colds, sinus, anxiety, depression, allergies cardiovascular disease, poor memory, lack of focus. It has also been called a heart exuberant - the smell encourages happiness!

Use the following to help flavor any of your teas:

Orange peel  
Allspice

Lemon peel  
turmeric

ginger  
rosehips

cinnamon