

# A tea garden in your back yard



Herbs grow easily – they smell great, they look great and once you pick them and infuse them in boiled water they taste great too! You will fall in love with your herb garden.

The first herb garden I ever made was a 1 x 1-meter patch of unused soil by the back verandah of a home I rented – a couple of bags of organic potting mix and each day used a trowel to stir in my vegetable scraps to bring in the fat worms. In went the herbs peppermint, spearmint, lemon balm, chamomile and calendula for tea making alongside some basil, parsley and thyme for the kitchen. As the mints grew faster, they got taken to pots where they grew beautifully. It was a proud moment to see them there and fun to enjoy the flavors and aromas.

**To make tea, pick and crush 4 leaves, pop them in to your cup and cover in hot water – too easy!**

Fresh herb flavor “pops” right out of your teacup – so very different from bought tea bag teas - you won't believe the difference!

## **Naturopaths top herbal teas:**

- **Peppermint:** Very refreshing and cooling and so great in hot conditions such as menopause and fever. Settles the unsettled tummy.
- **Chamomile:** Known as a calming chamomile is especially well known for its ability to relieve wind colic and teething pain. It helps sleep and relaxation. Especially perfect for anxious or restless children, babies and elderly.
- **Dandelion:** The leaves help remove fluid from legs and hands – add them to your teacup or salad! The bitter root is a gentle laxative and liver tonic. For sluggish digestion, roast it and grind it up, add water, almond milk and honey
- **Nettle:** A great blood tonic. Rich in vitamins and minerals especially iron. Great during pregnancy to help iron levels & increase breast milk. Nettle tea is great skin cleanser for eczema or acne and can help relieve arthritis.
- **Lemon balm:** The lemon essential oil helps lift your mood and turn on your digestion. Yummy with mint and honey.
- **Ginger:** Warming and settling to the digestion. Helps blood flow in the cold winters. Mixes well with lemon juice and honey.

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