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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Growing Your Own Herbs for Tea

By Cyndi Roberts

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by: **Cyndi Roberts**

If you love herbal teas, as I do, you know they are just a little bit pricey. However, growing your own herbs is easy and so much fun!

Here are just a few of the herbs you might want to consider for a tea garden:

Chamomile: Remember the favorite tea of Peter Rabbit? Only the flowers of this fragrant herb are used when making tea. Chamomile tea can be enjoyed by itself or you might enjoy adding mint or lemon verbena.

Lemon Balm: This herb is lemony with a touch of mint and makes a soothing cup of tea. It's easy to grow (almost too easy) so remember to keep it clipped back.

Lemon Verbena: An excellent herb to grow in a sunny spot, it makes a delicious tea. You might try combining it with orange mint or spearmint.

Mints: There are many mints available. Generally, they are aromatic plants and they are aggressive. It may be a good idea to plant mint in a pot and then put the pot in the ground so it doesn't take over your herb garden. Spearmint, peppermint, orange mint all make wonderful teas, alone or along with chamomile or any of the lemon herbs.

Herb teas can be made with fresh or dried herbs and can be enjoyed either hot or cold.

For one cup of hot tea, use one teaspoon of dry herbs or up to 3 teaspoons of fresh herbs. Bruising the leaves of fresh herbs will help release the flavor. Pour boiling water over the herbs in a glass or china pot. Metal pots can sometimes leave a metallic taste. Let steep for 5 or so minutes. Strain and enjoy with a little honey to sweeten.

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Sun tea can be made simply by filling a jar with water, throw in a handful of crushed fresh herbs, and set in the sun for 3 or 4 hours. Stir in a little honey to sweeten, pour over ice and enjoy.

Trying different combinations of herbs is fun. Remember you can also add spices you have on hand, such as cinnamon, cloves, etc.

There are many benefits to growing and making your own herbal teas. Gardening itself is very relaxing and rewarding. With herbs from your garden you can soothe away your troubles with a cup of chamomile tea or make yourself a refreshing cup of peppermint tea after a hard day at work.

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Look in the perfumes of flowers and nature for peace of mind and joy of life. --Wang Wei

Cyndi Roberts' website, "1 Frugal Friend 2 Another" will show you ways to save money everyday. Receive a free e-course on saving money at the supermarket! To learn more, visit

Ancient Tea Tree Teas are HOT!

By Tea Hub

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Although people in Yunnan have been drinking teas made of leaves of ancient tea trees for generations, it is not until recently that people from outside Yunnan become aware of this type of tea. Ancient tea trees are growing in remote tea mountains in Xi Shuang Ban Na, a beautiful autonomy state that is 450 km away from Kunming, the capital of Yunnan. Interests in ancient tea trees are growing rapidly globally.

Surrounded by wild orchids, leaves of ancient tea trees have developed long lasting orchid aroma. Have been growing in tea mountains for over thousand years, ancient tea trees have accumulated high concentration of minerals and nutrition. Their leaves have sharp(shaper than cultivated trees) sawtooth edge, thick blades and clear veins. Teas made of leaves of ancient tea trees have strong flavor and can last up to 20 infusions.

Our line of real ancient tea tree teas ranges from green, black to Pu-erh. Check them out at www.teahub.com.

www.teahub.com, your trusted source for high quality green, black, oolong and Pu-erh teas.

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