



15 Herbs for Tea: Storey's Country Wisdom Bulletin A-184 (Storey Country Wisdom Bulletin, a-184)

Marian Sebastiano

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Brew a Fragrant “Cuppa” Straight From Your Own Garden!

Growing your own herbal teas can be just as therapeutic as drinking them. The tea garden is a sensory delight, producing colors, aromas, and flavors to enjoy throughout the seasons. The plants are easy to grow and you don't need a large area – even a few small containers will do. By drying the tea herbs and then blending and packaging them in your own unique way, you can share the bounty of your garden with appreciative friends and family.

In *15 Herbs for Tea* you'll find everything you need to know about growing and using tea herbs, from information on planting and maintaining your herb bed to how to harvest, dry, and blend the herbs. In case you don't have the time and energy to grow your own tea herbs, you'll find a list of sources for buying them in bulk. Best of all, you'll learn how to brew a delicious cup of tea!

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