



# Plant Part Herbal Tea



What tea would you want to try?

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Green Metallic Sweat Bee and Clover

Since time immemorial, people have been making tea with plant parts. The plant parts of many herbs provide great food for bees like the sweat bee. Simple ways to enjoy fresh herbs are to make tea and plant a tea garden.

## Ingredients

1 to 2 Tablespoons dried or 2 to 4 Tablespoons fresh plant parts, blended or single plant part (ideas below)  
Boiling water

## Directions

1. Wash hands with soap and water.
2. Rinse plant parts under running water.
3. Place plant parts in a teacup or mug.
4. Fill the cup with boiling water to cover the plant parts. Let steep (sit) for 10 minutes or longer for stronger flavor.
5. Cover the tea while it steeps, such as with a saucer or clean towel. This helps keep the plant oils in the tea.
6. Enjoy the tea warm or cold. Strain the plant parts from the water if desired.
7. Refrigerate leftovers within 2 hours.

## Herbal plant part tea ingredient ideas

- ❖ **Leaves:** anise, hyssop, basil, bee balm, cilantro, clover, dried nettle, lemon verbena, lavender, lemongrass, mint, parsley, rosemary, sage, stevia, thyme, yarrow
- ❖ **Flowers:** calendula, chamomile, clover, echinacea, fireweed, hibiscus, lavender, yarrow
- ❖ **Seeds:** cardamom, coriander, fennel (grind or chop first)
- ❖ **Roots:** calendula, chicory, dandelion, elecampane, fireweed, ginger (chopped), marshmallow
- ❖ **Stems:** yarrow

Although not herbs, roses (petals and hips) and berries (fruit and leaves) are also common plant parts used in tea.

Use only tea ingredients that you know are safe to consume.



Watch herbs grow at Wapato Island Farm



<https://youtu.be/ev6oCjFneJ4>

Makes 1 cup of tea  
Prep time: 10 to 15 minutes

Nutrition Facts	
1 servings per container	
Serving size	1 cup (240g)
Amount per Serving	
<b>Calories</b>	<b>0</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 8mg	0%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 14mg	0%
Iron 0mg	0%
Potassium 22mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

