



# THE ART OF TEA

LOCALLY GROWING HARVESTING and BLENDING TEAS



**CAMELLIA SINENSIS**

# TECHNICALLY TEA

- Tea, by its strict definition is a drink made from the dried leaves of a shrub called *Camelia sinensis*, infused in hot water. Green, Black, Yellow, White, and Oolong teas all come from the same plant. The shrub's origin is South Asia. The drink was first discovered in China!
- True teas are made from the *Camellia* plant.



Tea, whether it's black, oolong, white, or green, comes from the plant *Camellia sinensis*. It's an evergreen shrub or small tree, and the leaves look similar to bay leaves. Originally from Asia, it prefers tropical weather, but that doesn't mean you can't make it work in cooler climates.

You don't need a large garden to grow your own tea – it can be grown in a container on a patio or a balcony; you just won't be able to produce large quantities.

As with any other plant, tea requires your time and proper care, but that said, growing tea isn't as difficult as you may think. Here's what you need to know to get started.

When grown outside, these shrubs can reach 15 feet tall, but when grown in containers, most only reach 6 feet tall. In the U.S., the tea plant is commercially cultivated in Hawaii, Washington, Oregon, and some parts of the Southeast.

If you've decided that you want to grow a tea plant at home:  
Growing let's look at the essential details you need to know.

# GROWING TEA: THE COMPLETE GUIDE TO PLANT, GROW, AND HARVEST TEA

- **Growing Zones**

Tea grows in zones 6-9.

- **Sun Requirements**

Needs to be planted in a bright,  
Sheltered location , with partial shade in the heat of the day

- **Soil Requirements**

Tea is an acid-loving plant that prefers a pH between 4.5-6.5.

Free draining, loamy, loose, and rich.

Add compost before planting

Can be grown from seed.

## • **Start with seedling**

First, soak your tea seeds in water for 24-48 hours

After soaking, put the seeds in a seed tray that's located in a warm, sunny position.

Germination occur in 6-8 weeks.

## • **Spacing**

Plant need lots of room to breath and become bushy

4-5 feet apart between each plant

## • **Transplanting**

For the first year keep plant in a large container

Wait to plant it outside under the second winter

Tea plants is delicate at first and need to be move in sunny location when it frost

Takes 3 yrs to reach maturity

## • **Winter Care**

Tea plants need protection from frost  
grown in a greenhouse or covered porch during the first 2 winters

## • **Watering**

Tea plants need plenty of water.  
let the soil dry out between each watering  
Let the soil drain

## • **Fertilizing**

Fertilizer with plenty of acid in the spring

## • **Pruning**

You can harvesting throughout the growing season,  
Prune the plants back yearly after the bloom period  
Remove any dead or damaged stems with clean pruning shears



## • **Harvesting Tea**

When plants reach their third year you can remove the first two bright green leaves and buds from each branch

This young apple green leaves are perfect for first cup of tea

## • **Making Tea**

Dry your leaves, steam them on the stove for about one minute then spread on a baking sheets and baked for 20 minutes at 250 degrees Fahrenheit

## • **Companion Plants**

Teas grows well with bean and grasses do not plant tea with potatoes

# TISANES

- Beverages made from the infusion of herbs, spices, berries, or other plant materials are known as herbal “teas”
- Tisanes and herbal teas are the same thing!
- Tisanes are made from various herbaceous plants or plant parts that have medicinal bioactivity. And THESE can be grown in YOUR garden!





**LEMON VERBENA**

# LEMON VERBENA

## MEDICINAL PROPERTIES

**Lemon verbena** is a medicinal herb with many health benefits. It is known to have anti-inflammatory, antioxidant, and antiviral properties. It also helps to reduce stress and anxiety, improve digestive health, and boost the immune system.

It is also used to treat skin conditions, headaches, and respiratory problems. The leaves can be used to make teas and tinctures, and the essential oil can be used for aromatherapy.

## GROWING

Lemon verbena is a hardy plant that grows best in full sun and well-drained soil. It can be propagated from cuttings or seeds. It should be watered regularly, but not too much. The leaves can be harvested when the plant is mature.

The plant can be grown indoors in a pot or outdoors in a garden. It is a drought tolerant plant and can tolerate temperatures as low as 10 degrees Celsius.

## MAKING TEA

Lemon verbena tea is a refreshing and flavorful beverage that is easy to make. To make the tea, simply steep a few sprigs of the herb in hot water for 5-10 minutes. The tea can be sweetened with honey or sugar, and can be enjoyed hot or iced.

The tea has a light, lemony flavor and can be enjoyed anytime of the day. It is a great way to get the health benefits of the herb without having to consume the leaves directly.



**ANISE HYSSOP**

# ANISE HYSSOP

## MEDICINAL PROPERTIES

**Anise Hyssop** worked as a cough suppressant, fever reducer, and sore throat ameliorator – an ideal solution for common colds and flu's.

Since the plant has antibacterial qualities, it was also used in salves to treat wounds, burns and infections.

## GROWING

**It is easy to grow** and rarely needs staking. Plants grown from seed may bloom the first year. Anise hyssop is easily started from seed and often blooms the first year, but also can be propagated in spring or fall by division of plants that spread by rhizomes.

It prefers well-drained soil in part sun to full sun. The plant grows from two to four feet tall. It should be noted that these plants will spread by rhizomes (underground, horizontal roots) and will easily self-seed in optimum growing condition

## MAKING TEA

**Anise Hyssop makes a delicious tea that is said to benefit digestion.** To make a basic anise hyssop tea, steep 2-3 tablespoons of bruised fresh leaves in 2 cups of boiled water for 5 minutes or so, strain, and drink hot or iced.

**Leaves** can be used as a seasoning, dried for use in tea, used fresh in salads, or made into jellies. As leaves maintain their scent well when dried, anise hyssop can also be used in potpourri.