



29 tasty teas for kids and grown-ups, easy to grow at home

INFUSION: leaves and flowers steeped in water that has just been at boiling

- nutritive/mineral rich herbs (nettles, red clover, red raspberry) – overnight infusion, covered
- herbs with volatile oils (chamomile, lemon balm, catnip, spearmint, anise, fennel, ginger)
– infuse 10 – 15 minutes, covered (short infusion)

DECOCTION: roots and berries boiled in water for 30 minutes to an hour, covered (dandelion, burdock)

- **Anise:** gut anti-spasmodic. licorice taste. increases breast milk. annual. short infusion of crushed seeds.
- **Burdock:** a gentle blood cleanser and laxative, which stimulates emulsification of fats in the digestive tract for better absorption and elimination. helps the liver to properly package cholesterol molecules to more quickly get to where they need to be (the skin for wound healing and repair, to the kidneys to support the endocrine system). for dry, scaly, itchy skin conditions. biennial, re-seeds. decoction of roots.
- **Calendula:** what a joyful golden plant Calendula is! the flowers are harvested after the dew has left in the morning or early afternoon and throughout the end of the summer until frost. the oil is used topically as a gentle wound healer to stimulate the top layer of skin cells to regenerate. excellent for scrapes already scabbed over, sunburns, diaper rash. for yeast infections, its anti-fungal properties and soothing anti-inflammatory properties are a gift. internally, as tincture, the flowers are anti-inflammatory, anti-viral, anti-microbial, and act as a lymphatic stimulant when the glands under the chin are swollen. wonderful annual which reseeds itself. decoction of flowers.
- **Catnip:** anti-spasmodic to the digestive tract. calming. excellent for teething babies in tea form or as a bath. useful for upper respiratory, sinus issues as a support herb. perennial. short infusion of leaf & flowers.
- **Chamomile:** anti-spasmodic to digestive tract, excellent for cranky babies and adults, promotes relaxation through easing tension in the gut, anti-inflammatory to the gut wall in tea, or topically as a poultice applied to the skin (eczema), or as a steam for upper respiratory issues (particularly pink eye), super for use in gastric reflux. best kept secret for easing spastic menstrual cramps. use three bags per mug of tea if using store bought rather than loose for a medicinal dose. dampened tea bags can also be used directly on inflammatory skin conditions. annual that loves to re-seed. short infusion of flowers.
- **Comfrey:** the leaves are a great first aid remedy wrapped around sprains, strains or other inflamed injuries. the root has very strong wound-healing properties and makes an excellent oil for topical application. contains pyrrolizidine alkaloids which are said to damage the liver in large quantities. try not to drink a gallon a day and avoid with known liver issues. perennial. long infusion of the leaves.
- **Echinacea:** all parts of the plant are anti-viral (leaves, flowers, and root). the root is generally the strongest. makes the mouth salivate and feel a little prickly! all this digestive stimulation gets the immune system fired up. also, when taken over a long period of time, works as a



blood purifier. with cold or flu, in tincture form, take frequent doses (30 – 60 drops) every two or so hours and have a nap. generally decoction of root, or 30 min/hour infusion of leaves.

- **Elderberry:** the flowers are a great febrifuge (fever reducer), which works by bringing blood to the surface of the skin and dilating blood vessels to throw off heat. the flowers must be drunk HOT in tea form for this to occur. the berries make the best cold and flu preventative I know – make them into a syrup to have on hand all winter. take a teaspoon to tablespoon dose every morning to support the immune system. perennial shrub. short infusion of flower, decoction of berries.
- **Elecampane:** a wild sunflower. high in inulin, thus supports gut function as well as lungs. sweet and bitter, with a pungency that radiates down to the lungs. perennial. helps to bring up stuck mucus. tincture.
- **Fennel:** specific for colic in babies as a tea and bath. excellent gentle anti-spasmodic to lower bowels. annual in our northern climate. short infusion of crushed seeds.
- **Ginger:** settles the stomach in nausea or motion sickness. use a spoon to remove the skin, anti-inflammatory, brings blood to the pelvis, anti-spasmodic to the digestive tract and uterine muscles, general circulatory stimulant, particularly bringing blood to the extremities. excellent for raw or sore throat mixed with lemon & honey. potted perennial. short infusion or decoction, depending on formula.
- **Holy Basil:** wonderful tonic nervous system plant with anti-viral properties and a deep, earthy, minty flavor. with a short infusion, carminative to the bowels (relieves gas and cramping) perennial but may not over-winter up north. 30 min/over-night leaf infusion
- **Lavender:** lovely sewn into a pillow placed at the head of the bed to calm the nerves and bring on sleep. perennial. short infusion (not more than 10% of tea or it will be too strong to taste!)
- **Lemon Balm:** anti-viral in cold sores, chicken pox, shingles, and herpes taken internally as well as used as a poultice topically on sores. anti-spasmodic to the digestive tract, calming, uplifting. tastes delicious. perennial. short infusion of leaves.
- **Marshmallow:** soothingly mucilaginous to the gut, respiratory tract, and urinary tract. In fact – it's excellent for all mucous membranes! moistening and cooling. the root is usually used, but the leaves have a similar effect. perennial. root decoction. long infusion of the leaves.
- **Meadowsweet:** good for calming an upset gut in nausea. for gastric reflux to aid in healing the stomach lining and also reducing pain. contains salicylic acid. mixes well with chamomile, particularly when healing mucous membranes from reflux. perennial. 30 min/hour-long infusion.
- **Mullein:** the leaves are the best lung tonic i know. slightly sweet and very moistening for a dry throat or lungs. will relax a cough and act as an expectorant to bring up mucous. just be careful for the little hairs on the leaves and make sure you strain them through a fine mesh or cloth, or the hairs will irritate a cough even more! a freshly bruised leaf is wonderfully anti-inflammatory around a strained or sprained ankle or other injury. the flowers are anti-viral and when infused in olive oil with garlic make a wonderful ear oil for middle ear infections. biennial which reseeds. 30 – 60-minute infusion of leaves.
- **Nettles:** a favorite! tastes much like black tea. yummy with honey. deeply mineral rich and gently blood cleansing over time. supportive in reversing osteopenia when drinking a quart at least four times a week over the course of a year. general organ health. strengthens hair and



nails. can be a bit drying over time, so consider adding a bit of moistening marshmallow.
perennial. overnight infusion of leaves.

- **Oregano:** very strong anti- viral & anti-microbial. delicious with honey. perennial. short infusion of leaves.
- **Peppermint:** please see spearmint! perennial – loves to spread by rhizomes & could take over!
- **Raspberry Leaf:** fabulous uterine tonic. strengthens the middle layer of uterine muscle, aiding in general uterine health and childbearing by supporting rhythmic contractions. supports breast milk and returning tone to the uterus after childbearing. over several months, aids in relieving heavy menstrual flow and cramping. harvest newest tender leaves. perennial. over-night infusion.
- **Red Clover:** wonderful sweet aid for coughs. excellent as a gentle lymphatic herb, for mild skin complaints. aids in reducing menopausal symptoms in tea form. perennial. overnight infusion of flowers.
- **Rosemary:** for remembrance! increases blood circulation to extremities and to the brain! wonderful as a tea or wash for a bacterial infection. tastes delicious with honey. perennial which likes to come inside in the winter. short infusion of leaves.
- **Sage:** for night sweats in menopause or other situations. astringent. will reduce breast milk if taken in larger than culinary doses. anti-microbial – great with honey for a sore throat due to lots of talking. perennial, though may need to be covered in winter. short infusion of leaves.
- **St Johns Wort:** fabulous nervous system tonic. originally used for “ghost pains” after amputation. excellent anti-viral. mood enhancer when taken over an extended period of time, its action working by supporting the process of the liver in removing oxidative substances from the blood, by strengthening the nerves, and by supporting digestive function. topically, SJW has an SPF of 5 and is a gentle sun block. a wild one that will re-seed. 30 min/hour- long infusion.
- **Spearmint:** refreshing! anti-spasmodic to the gut, however, may affect the upper sphincter of the stomach & encourage heart burn in some individuals. fever reducing. perennial. short infusion of leaves.
- **Thyme:** great with kale and eggs! Also great for cold and flu – it really supports the upper respiratory sinuses and makes a very nice steam. perennial. short infusion of leaves.
- **Violet:** fabulous cooling lymphatic remedy. excellent for hot skin conditions, cleanses the blood gently and thoroughly. mucilaginous and throat coating in a cough. perennial. 30 min/hour-long infusion
- **Yarrow:** wonderful as a fever remedy, when taken as a hot tea, will dilate blood vessels and reduce a fever. In tincture form, makes an excellent cold/flu remedy when you feel it coming on. increases circulation. topically, is a fantastic bruise remedy – increases blood to the area, so clears away debris and brings nutrients for quick rebuilding of vessel. perennial. 20 – 30 minute infusion of flowers & leaves.