

Container Gardening: Old English Tea Garden

It is 4 o'clock and time for tea! The British custom of having 4 o'clock tea started when English traders brought tea from China. It is easy to grow a "tea garden" by growing many of the herbs that are used to make flavored teas. You can grow such herbs as chamomile, lemon balm, spearmint, chocolate mint, and peppermint in containers and keep them on a sunny porch. You can make caffeine free, herbal tea from the flowers of the chamomile or the leaves of any of the others listed. You can blend several herbs to get different flavors. Or you can enhance the flavor of traditional black tea, hot or iced, by adding herbs as you brew the tea. To do this, before you begin brewing your tea, go outside to your tea garden and snip a few sprigs of an herb. Wash the sprigs and ask an adult to help you brew them with your tea. What wonderful flavor they add! Have a tea party and share your tea with your family or friends.

What kind of herbal teas have you tried? _____

What do you like best? _____