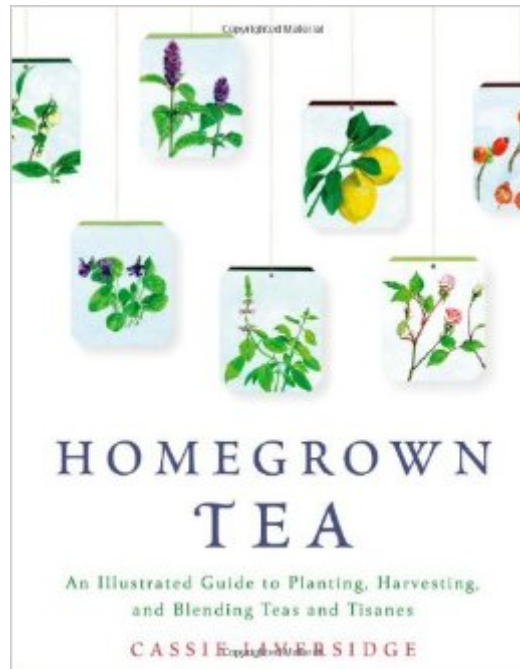


The book was found

Homegrown Tea: An Illustrated Guide To Planting, Harvesting, And Blending Teas And Tisanes



Synopsis

Homegrown Tea explains how to grow a large variety of plants in your own garden, on a balcony or even on a window sill could become your tea cupboard. It shows you how to grow your tea from seeds, cuttings, or small plants, as well as which parts of the plant are used to make tea. Liversidge lays out when and how to harvest your plants, as well as information on how to prepare the plant, including how to dry tea leaves to make tea you can store to last you throughout the year. As a guide to using tea to make you feel better, there are nutritional and medicinal benefits. Finally, there is an illustrated guide to show how to make up fresh and dried teabags and how to serve a delicious homegrown tea. It is sustainable way to look at a beverage, which is steeped in history and tradition. Sample drinks include well-known plants such as rose hips, mint, sage, hibiscus, and lavender, as well as more obscure ones like chicory, angelica, apple geranium, and lemon verbena.

Book Information

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Customer Reviews

Being a long-time practicing herbalist, I am not easily impressed by books on herbs. More often than not it seems as though writers rely on what others have written, regurgitating the same information again and again without adding much, if any, new material from their own understanding, practice, and experience. Not so with Homegrown Tea: An Illustrated Guide to Planting, Harvesting, and Blending Teas and Tisanes. The author, Cassie Liversidge, has provided a book that is as refreshing as hibiscus tea on a hot summer afternoon, combining scientific information, traditional and folklore traditions, and her own experiences with each plant she features. Liversidge begins with tea, both black and green, and then goes on to explore various alternatives to that most traditional of

beverages, such as lemon balm, blueberries, and honeysuckle. Odd as it is, I had never really thought of trying to grow actual tea plants. While I realize it would be impossible for me to grow enough to keep my family in tea for a year, I do think it will be fun to grow at least a couple just to see how they grow and try my hand at harvesting and preparing our own homegrown tea. The book is beautifully put together and effectively organized. It is divided into larger sections like leaves, seeds, fruits, flowers and roots. Each section offers several examples and gives information on medicinal benefits, growing and harvesting, blending and making a tea or tisane with that plant or plant part. I especially enjoyed the "Tea Bag Friends" sidebars, in which Liversidge offers ideas and tips for blending other plants with the one that is being featured.

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Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea)
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