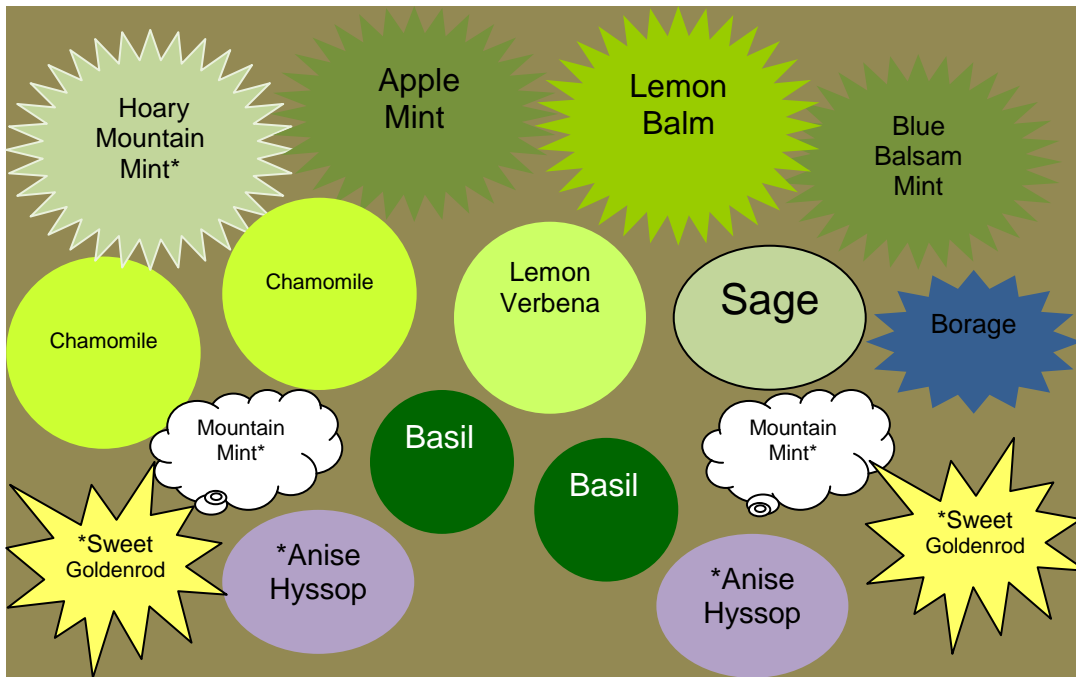


Let's Plant a Tea Garden!



When it's time for tea, brew up a pot using plants you have grown in your own tea garden. The above selections all grow well in East Tennessee. An asterisk indicates they are native wildflowers. In all cases, use the leaves of the plant, either fresh or dried. Flowers may be brewed, too. The herbs along the back row are all very aggressive spreaders. Deal with this aspect of their nature by growing them in pots or just using them so often that they don't get ahead of you. (Do not let the Lemon Balm go to seed!) Try them alone or in blends, with or without a little honey to sweeten. You'll actually want to plant five chamomile plants. (I just couldn't write chamomile on five little circles...)

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