



A Few Suggestions for HERBAL TEAS from plants growing in the Garden.

PEPPERMINT (MENTHE PIPERITA)

Peppermint is perhaps the strongest of in flavour of all the mint family.

The plant is easy to grow and likes sun and moisture. This perennial is a hybrid plant of the cooler temperate regions of the northern hemisphere. It dies back in the winter months. When fresh leaves are not available it can be used as dried leaves. It can be used as a hot beverage, a cool drink or as a base in fruit punch. The instant form of dried leaf may have lost some of its valuable menthol oil.

It is used to settle upset stomachs or after a meal of heavy or rich food. The menthol oil is a valuable digestive enzyme stimulant, as well as refreshing the palate. Hot peppermint tea is excellent for anyone with a clogged head during a head cold. Children respond well to the clearing effect of its menthol oil as their breathing becomes easier, as their sinuses, and respiratory passages become clearer. A slice of lemon and or a little honey appeals to some.



PENNY ROYAL (MENTHA PULEGIUM)

This mint is native to northern Europe. It is a perennial, grows best in moist shade but tolerates full sun well. It is a creeping plant which gives off a characteristic, pleasant aroma. This oils given off when crushed or walked on are not liked by mosquitoes and so it has its place as a doormat in the garden. It has clusters of small mauve flowers in summer.

Penny Royal can be used as a tea, either fresh or dried. Penny Royal should not be used on a regular basis. It offers specific therapeutic benefits and should only be drunk for its corrective properties. A cup of Penny Royal for women who suffer pre-menstrual tension or menstrual cramps may be helpful once in the prior week.



For children its mild anti-depressant properties can be helpful only if taken occasionally. Its pleasant flavour may tempt you to drink it more often, but always treat it as a medicinal beverage only.

I acknowledge Dorothy Hall for these comments and information from her book entitled the Dorothy Hall Herbal Tea Book; (1980, Pythagorean Press; Sydney).

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