

An Introduction to Herbal Teas - Homegrown Herbal Support -



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24th Annual
Herbal Forum Round Top
March 16, 2019

Today's Topics

- Introduction
- Brief history and introduction to Herbal Medicine
- Individual herbs, what they do and how to use them.
- Growing, Harvesting, Drying, Storing Teas
- Brewing Infusions and Decoctions
- Tea, Fudge and Syrup recipes
- Q&A



Lemony Relax
Organic Herbal Tea
Lemon Verbena, Lemon
Balm, Lemongrass,
Passion Flower.

Autumn's Harvest emphasis is not to treat pathologies, but to look at the body and its organ systems in terms of balance & imbalance, to unify & bring harmony to the body's amazing innate capacity to heal itself.



Autumn's Harvest
Herbs - Health - Healing

Why Herbs

Herbal medicine is as **ancient** as life itself; our **first foods & medicines were plants**. Our bodies **evolved** deeply **interrelated** with the Earth's ecosystems over hundreds of thousands of years.

The innate connection with plant flora has created a **natural affinity for plants & their unrefined products in our bodies**.



Ways to use Herbs

- Teas
- Tinctures
- Oils
- Cooking
- Poultice
- Powder
- Pill
- Salve
- Lotion
- Steam
- Soak
- Oxymel
- Honey
- Balm



- Shrub
- Essential Oil
- Hydrosol
- And more...



- Vinegar
- Syrup



***The English Physician* by Nicholas Culpeper, 1652**



Culpeper advocated affordable health care based on the use of locally grown plants, and his herbal was a best-seller.

- One of the most influential writers in the [history of herbalism](#) was [Nicholas Culpeper](#) (1616-1654). Culpeper popularized astrological herbalism, or what he called “astrologo-physical discourse of the vulgar herbs.” In his most famous work, *The English Physician* (1652), Culpeper’s descriptions of [herbs](#) and their uses are tightly intertwined with readings of the stars and planets.

Why Get Started?

- Economical & fun
- It's easy to start small
- Ensure the source and quality
- Provide everyday relief
- Get to know the best herbs for you and your environment



Limited Space? Try Pots.

- Clay or porous containers
- Adequate drainage
- Plug drains
- Pebbles at bottom
- Quality soil to 1 inch from the top
- Mulch rest, local cedar great choice
- Feed the soil, organic products like seaweed emulsion



Harvesting Herbs

- Best time to harvest is 10:00am, after any dew (or rain) has dried
- Evening also good, avoid the middle of day if possible
- However, harvest when the need presents itself
- Snip the aerial (above ground) stems between the nodes to create a bushier, fuller plant
- When needing roots, try to harvest the roots in the fall when the energy of the plant presents in the roots
- Use fresh when available for potency



Drying Herbs



- Long stem herbs (like Rosemary), tie the stems together, hang upside down, ventilated room.
- You can use large baskets or cookie cooling rack, lined with paper towels for a quick, economical method of drying leaves
- Herbs are properly dried when they easily crumble
- Careful not to dry your herbs too long as they may lose potency, not enough and they can mold (though I have only done this once!)
- Most take a few days to dry fully, touch to judge

Storing Herbs

- Store in airtight, glass containers
- Label all jars with the name of the herb and date
- Where you got the herb
- Minimally handle
- Keep in a dark closet or pantry.
 - I use a tension rod/blackout curtain for my personal kitchen supply.
- Storage techniques = gifting possibilities
dried herb can make tea, tinctures, salves, lotions...
- Use within 2-3 years of harvest





Teas



Why Teas?

Teas (aka Tisane) are my favorite ways to introduce herbs.

They can be used to treat multiple symptoms at once –
for example, a custom tea could aid heartburn,
support blood sugar regulation & anxiety all at once.
Tasting great too!

They can be turned into other beautiful and fun botanical
beauty and relaxation rituals such as facial steams, foot and bath
soaks. TEA PARTIES!!!!



Creating a Herbal Tea Infusion (leaves, flowers)

- Place in a tea cup or pot
 - Fresh herb (muddle 2 tablespoons, per cup of water)
 - Dried herbs, use 1 tablespoon per cup of water
- Bring kettle/pot of water to a light boil
- Pour water over the herbs, cover tea cup or pot (keep in steam)
- Let infuse for at least 15 minutes to overnight
- Strain and enjoy! Add lemon, honey or syrup as desired
- Always use a stainless steel, glass or ceramic kettle and pot
 - Never copper or aluminum as it negatively effects the quality of the herbs
 - Tip - Herbal Soak – add a quart of strained herbal infusion to your bath or foot soak
 - Tempered glass like mason jars are great because they won't break with the heat



Creating a Herbal Tea Decoction



- Decoctions are used for any herb with a hard woody texture; **berries, roots, bark, seeds** etc.
- Place your plant material (2 to 3 tablespoons per quart of water) in the cold water pot and bring to a boil. Cover with glass lid.
- When at a boil, reduce simmer for 15 minutes, leaving it covered.
- Strain and enjoy.

Warming Cinnamon Ginger Lemon Tea

DIY Video on my website www.autumnsharvest.tv

Peppermint (*Mentha piperita*)

Common Name

(Official name)

Parts Used:
Leaf & Flower

The leaf of a hybrid between spearmint and watermint. Native to Europe, first grown commercially in 1750.

- Prefers rich, moist, well drained soil
- Full sun or partial shade
- Starts easily from a root divisions and cuttings
- Consider using containers and continually harvesting
- Mints intermingle, plant apart



Anti-spasmodic to relieve stomach aches and cramps. Anodyne properties reducing the pain of headaches, bee stings & burns.

Lemon Balm (Melissa officinalis)

Common Name

(Official name)

Parts Used:
Leaves

This native to Southern Europe has mint-green heart shaped leaves with crinkled tops and serrated edges. Naturalized to USA.

- Tonify the Nervous System, anti-depressant
- 'Gladdening herb', soothing & calming. Relaxing restorative for CNS.
- Delicious lemony member of the mint family
- Easily grown perennial, part shade, moist soil
- Eases night time headaches
- Supports reduction of nervous tension
- Can promote sleep, sedative
- Anti-spasmodic = relaxes the stomach
- Slows the digestive system, aka peristalsis (great after indulging)
- Great for restless and/or sleepless children

Anti-viral!!!

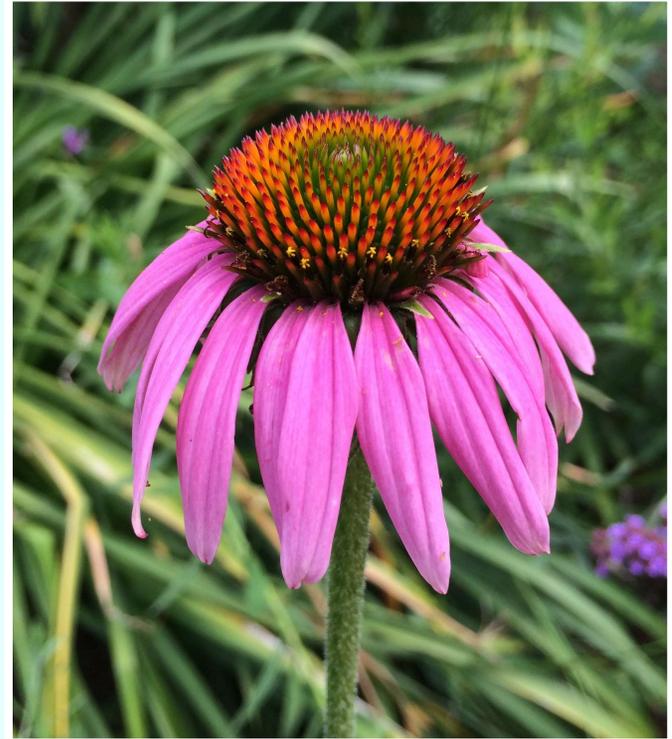


Purple Coneflower (Echinacea purpurea)

Common Name

(Official name)

- My Go To **Immune** Powerhouse!
- Native to North America, great in TX Sun
- Tincture – Flower, Leaves, Root
 - I take the tincture every few hours when traveling to stave off germs.
- Published in the journal *Lancet Infectious Diseases*, the University of Connecticut performed a meta-analysis study that evaluated 14 studies and determined that:
- Echinacea cuts the chances of catching a **common cold by 58 percent**.
- Echinacea **reduces the duration** of the common cold by almost one-and-a-half days.



Parts Used: Leaves, Flowers, Root

Purple Coneflower (Eichanacea purpurea)

Common Name

(Official name)

- Native to the Eastern USA
- Extensively researched as an antibiotic remedy treating a broad range of infections.
- Immune stimulant, Infection Fighting
- Anti-allergenic
- Lymphatic tonic
- Antimicrobial
- Anti-inflammatory
- Cuts, wounds, colds, flu often as decoction or tincture



Parts Used: Leaves, Flowers, Root

Nettle

Common Name

(Urtica dioica)

(Official name)

Parts Used:
Leaves, Root

- Nutritive tonic
 - Iron, Vit A, B & C
 - Calcium, Potassium, Zinc
- Liver issues
- Diuretic, Strengthen Kidneys
- Haemostatic, Circulatory Stimulant
- Galactagogue
- Hypotensive
- Anti-allergenic, HISTAMINE!!!

Tincture is great for allergies to Cedar or hay fever

Joint Pain - Urtication – fresh nettle joint thrashing

Can juice or eat for Anemia. **Stings unless dry or heated!**

Wonderful as a nutritive dandruff hair rinse



Passionflower (*Passiflora incarnata*)

Parts Used: Leaves
& Flowers

- Analgesic (pain)
- Antispasmodic (spasms)
- Bitter (digestion)
- Cooling
- Hypotensive (lower BP)
- Sedative
- Heart Tonic, Relaxes Blood Vessels
- Nervine, Mild Sedative, Calms the Mind
 - Over time changes the way your nerves react to stimuli
- Increases Serotonin
 - Acts as a natural mood elevator
 - Anti-depressant



Rose (Rosa, spp)

Common Name

(Official name)

Parts Used: Leaves
& Hips

- Gladdens the heart
- Helps one open their heart
- Great for people with grief or quick to tears
- Said to enhance psychic powers
- Mood elevator, acts as an anti-depressant
- Antique Varieties (Rose Hips, Vit C)
- Red & Pink most medicinal
- Makes a great bath addition – emollient and soothing

Rose water is wonderful in face creams.

Rose Hydrosol makes a lovely cooling and sweet astringent.



Rose (Rosa, spp)

Common Name

(Official name)

Parts Used: Petals
& Hips

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Hibiscus (Hibiscus sabdariffa)

Common Name

(Official name)

Parts Used:
Flowers

Makes very dramatic tea color change!

- Edible calyxes that can be dried and used for tea.
- It's a large, fast-growing, sun-loving shrub that is an annual in our temperate climate
- Try mixed with peppermint!
- Cholesterol management
- Stimulate hair growth
- Wonderful heart tonic
- Aid to lower blood pressure if consumed regularly.



Yarrow

Common Name

(*Achillea millefolium*)

(Official name)

Parts Used:
Leaves,
Flowers

- Styptic – stops bleeding, think wound powder
- Fresh poultice or powdered dried - used to encourage external blood clots.
- Astringent – tighten and tone tissue
- Diaphoretic – to cause sweating
- Peripheral vasodilator, digestive stimulant,
- Restorative to the menstrual system
- Febrifuge – break a fever, sweat out a fever
- Great with St. Johns Wort as a massage oil
- Nose bleed – put a leaf in your nose



Comfrey (*Symphytum officinale*)

Common Name

(Official name)

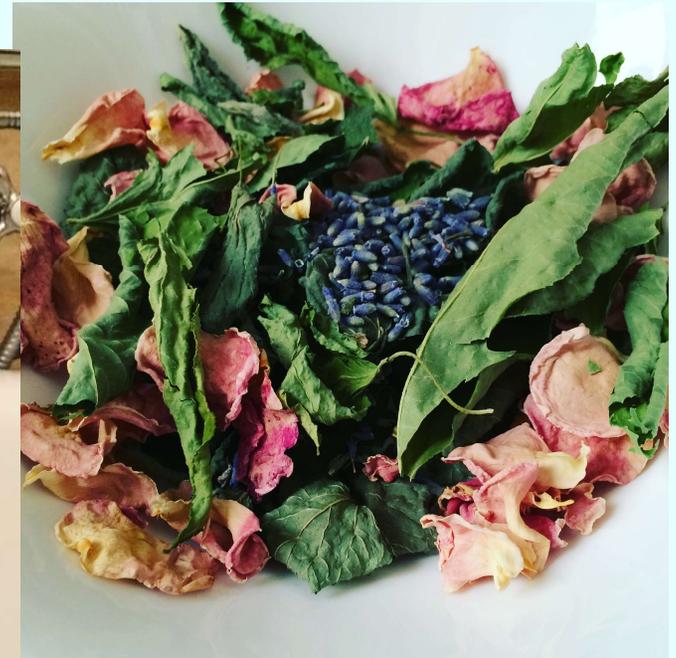
Parts Used:
Leaves, Root

- Cell Proliferator, contains B12
 - Flower heads are rich in allantoin which encourage cell division and repair
- Astringent
- Demulcent
- Anti-inflammatory
- Expectorant
- Wound Herb, sprains, minor fractures
- Oil – Great for joints and arthritis
- Popular uses: Poultice, Salve, **Bath Tea!**
- Varicose veins



Herbal Bath Soak

Same herbs can be used in a Bath Soak too! Make it a relaxing ritual. Just make an infusion, strain and add to bath.



Great Bath Herbs: Lavender, Lemon Balm, Catnip, Passion Flower, Rose, Comfrey, Oatmeal, Rosemary and Peppermint.

Herbs for Baths

- Calming Support– Chamomile, Lavender, Lemon Balm, Catnip, Passionflower
- Inflammation Support - Calendula
- Healing Support – Plantain, Comfrey, Self Heal
- Muscle Spasm Support– Peppermint, Spearmint, Cramp Bark
- Circulation Support – Rosemary, Ginger, Cinnamon, Lemongrass



3 drops of Essential Oil per cup of salt

Suggest Epsom, Dead Sea Salt and Himalayan Pink
Coconut Milk Powder, Rose or Ashwaganda Powder

List of other helpful herbs

Common Name	Official Name	Use / Symptoms of:
Elder	<i>Sambucus nigra</i>	Flowers: expectorant, anti-catarrhal, circulatory stimulant, diaphoretic, anti-viral. Berries: Diaphoretic, diuretic, laxative. Leaves: Heal topically.
Yellow Dock	<i>Rumex crispus</i>	Blood and lymphatic cleanser, bitter tonic, stimulates bile flow, laxative. Used in part of skin cleansing regimes.
Lavender	<i>Lavendula officinalis</i>	Great for relaxing uplifting, calming and skin soothing, burns, bites & stings. Insomnia, imbue courage, strength. Anti-bacterial. Anti-fungal.
Cinnamon	<i>Innamomum verum</i>	Used for improving circulation, warming, clears congestion, stabilize blood sugar levels, anti-fungal, & anti-viral. Formula catalyst.
Garlic	<i>Allium sativum</i>	Used for colds, sore throat, poor digestion, stimulates white blood cell. Sulfur compounds = anti-septic, anti-bacterial & anti-microbial. Helps maintain cholesterol levels & prevent platelet aggregation.
Rosemary	<i>Rosmarinus officinalis</i>	Brain tonic, concentration & memory. Circulatory stimulant, helps with low blood pressure & poor circulation. Helps fat and starch digestion. Inflammation & analgesic=good for arthritis, joint damage.
Sage	<i>Salvia officinalis</i>	From throat gargle to hot flashes. Aids in fatty meat digestion. Liver tonic, lower cholesterol, anti-septic. If nursing avoid due to drying.

Fudge

Great way to get beneficial fats and you can incorporate any of your favorite powdered herbs

- ½ cup coconut butter
- ½ cup peanut butter (or your favorite)
- ¼ cup coconut oil
- 2-4 tbsp maple syrup
- ½ cup cocoa powder
- Pinch of salt
- powdered herb to taste (try peppermint), medicinally 2-6 tbsp

Grind or pulverize the herb into powdered form. On low heat, melt the first 4 ingredients together. Then whisk in the cocoa powder, salt, & herb. Feel free to adjust the syrup & herb to taste. Pour into a lined pan and refrigerate until hardened.

Simple Syrup

- 1 cup water
 - 1 cup sugar (white refined suggested)
 - 2T dry herb (or 4T fresh herb)
-
- Place sugar, water, & her into a non-reactive pan*
*A non-reactive pan is one that does not chemically react with its contents: clay, enamel-coated, glass, or stainless steel
 - Stir until sugar is dissolved
 - Simmer for 20 minutes
 - Strain through damp muslin into a sterile jar





Resources

Water Filtration

I have a **Berkey Water Filter** with the Fluoride attachments -

<https://www.chrisbeatcancer.com/category/products/berkey-water-filters/>

<https://theberkey.com/pages/test-result>

- 1) **It removes hundreds of contaminants:** Bacteria and parasites, heavy metals like lead and mercury, VOCs and toxic chemicals like benzene, chlorine and chromium-6 (think Erin Brockovich), pesticides, pharmaceutical drugs and more, to levels higher than 99.99%.
- 2) **The fluoride/arsenic filters** remove 95% of fluoride and arsenic. The fluorosilicic acid your city puts in your water is a toxic waste product of the phosphate fertilizer industry. It poisons your body, does not help your teeth and most filtration systems do not remove it.
- 3) **It's gravity fed!** So it doesn't need electricity or water pressure. You just pour water into the top chamber and it filters down into the bottom chamber, clean and ready to drink.
- 4) **It's portable.** We take ours on vacation with us and it's perfect to have in an emergency situation like an earthquake, hurricane... We will never have to worry about not having clean drinking water. This thing will even filter pond water!
- 5) **It's extremely economical.** The Big Berkey (2 gallon model) costs about \$250, which may seem like a lot of money for a water filter, but get this: The two Black Berkey filters inside will purify 6,000 gallons before needing replacement. If you drink 10 gallons of water a week, it will last you about 11 years at a cost of less than 2 cents per gallon. Most water filters need replacing after 3-6 months!

Herb Books

Medicinal Herbs A Beginners Guide - By Rosemary Gladstar

Herbal Recipes for Vibrant Health – By Rosemary Gladstar

Herbal Healing for Women – Rosemary Gladstar

Herbs for Natural Beauty – By Rosemary Gladstar

20,000 Secrets of Tea – By Victoria Zak

Online Links:

<https://blog.mountainroseherbs.com/topic/herbal-education>

<https://blog.mountainroseherbs.com/topic/tea-recipes>



Buying Herbs

Mountain Rose Herbs – Organic Online Resource, Dried Herbs -
www.mountainroseherbs.com

The Natural Gardener – Organic Gardening Headquarters, Live Herbs -
www.naturalgardeneraustin.com

Local Product Line Resources – Herbs, Tinctures, Salves, Therapeutic Teas...

Autumn's Harvest Apothecary Line – *By Appointment in Autumn's Lake Travis home or online* www.autumns Harvest.tv

The Herb Bar – 200 W. Mary Street, Austin www.theherbbar.com

Sacred Moon Herbs – 305 Mercer Street, Dripping Springs
www.sacredmoonherbs.com

Herbal Learning Resources

Learn about herbs via classes –

New school in Autumn's home & online classes soon

Harvest Moon School of Natural Health

www.autumnsilvermoon.tv

Austin Herb Society <http://www.austinherbsociety.org/>

Other Full Herbal Program Schools in the Austin Area

<https://wildflowerherbschool.com/>

<https://gingerwebb.com/sacred-journey-school-herbalism/>

<https://herbalmedics.academy/>



Autumn's Harvest – www.autumns Harvest.TV
or www.autumns schulze.com

Via the website you can visit our Facebook, Instagram and YouTube accounts.

- Customized Classes & Workshops
- Herbal Consultations
- Apothecary Line – Herbal Teas, Bath Salts, Facial Steams...
- Herbal Cosmetic Spa Experiences
- Herbal Tea Parties
- Whole Foods Health Coaching
- Lifestyle Detoxification for Disease Prevention/Improvement
- Vegetable & Fruit Juicing for Health
- Plant Based Lifestyle Hacks
- Vegetarian/Vegan Guidance
- Lifestyle Transformation Support

