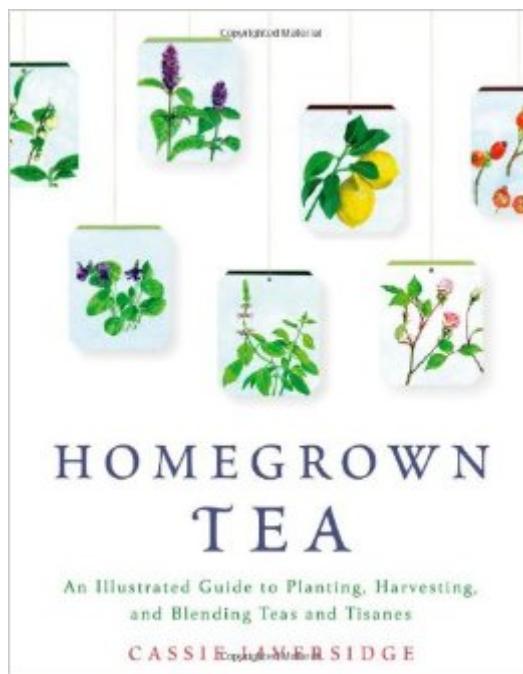


The book was found

# 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**

Paperback: 288 pages

Publisher: St. Martin's Griffin (March 25, 2014)

Language: English

ISBN-10: 125003941X

ISBN-13: 978-1250039415

Product Dimensions: 7 x 0.7 x 9 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â See all reviews Â (41 customer reviews)

Best Sellers Rank: #150,218 in Books (See Top 100 in Books) #59 in Books > Cookbooks, Food & Wine > Beverages & Wine > Coffee & Tea #94 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic #997 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design

## **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.

[Download to continue reading...](#)

Homegrown Tea: An Illustrated Guide to Planting, Harvesting, and Blending Teas and Tisanes Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox) 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) ATI TEAS Secrets Study Guide: TEAS 6 Complete Study Manual, Full-Length Practice Tests, Review Video Tutorials for the Test of Essential Academic Skills, Sixth Edition The Chicago Homegrown Cookbook: Local Food, Local Restaurants, Local Recipes (Homegrown Cookbooks) Tea at Downton - Afternoon Tea Recipes From The Unofficial Guide to Downton Abbey (Downton Abbey Tea Books) Photographic Collection of Unknown Tea Bowls: Picking out Unknown but Wonderful Tea Bowls Japanese Pottery and Tea Ceremony (Japanese Edition) Afternoon Tea: Afternoon Tea: Inspiration and How to Host the Perfect Afternoon Tea Party at Your Home (Worlds Most Loved Drinks Book 4) The Miracle Of Green Tea: Herbal Remedy for Weight Loss, Diabetes, Blood Pressure, Cholesterol, Cancer, Allergies and Much, Much More (Overcome Caffeine ... Tea Benefits, Tea Cleanse, Natural Remedy) The Tea Enthusiast's Handbook: A Guide to Enjoying the World's Best Teas The Grow Your Own Food Handbook: A Back to Basics Guide to Planting, Growing, and Harvesting Fruits and Vegetables (The Handbook Series) Storey's Guide to Growing Organic Vegetables & Herbs for Market: Site & Crop Selection \* Planting, Care & Harvesting \* Business Basics The World Atlas of Tea: From the Leaf to the Cup, the World's Teas Explored and Enjoyed How to Grow Potatoes: Planting and Harvesting Organic Food From Your Patio, Rooftop, Balcony, or Backyard Garden (Booklet) Greenhouse Gardening for Beginners 2nd Edition: How to Grow Flowers and Vegetables Year-Round In Your Greenhouse (Gardening, Planting, Companion Gardening, ... Gardening Guide, Planting Guide) Companion

Planting: Companion Gardening - A Practical Guide For Beginners To Learn Everything About Companion Planting (Organic Gardening, Container Gardening, Vegetable Gardening) Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) The Ritz London Book of Afternoon Tea: The Art and Pleasures of Taking Tea Teddy Bear Tea (Little Books of Tea Series) My Tea Party Fine China Tea Cakes Lace Doilies Butterflies Coloring Book: Easter Coloring Books for Kids in al; Easter Books for Kids in al; Easter ... Coloring Books Best Sellers for Women in al

[Dmca](#)