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by Skye Forrester

# Teas Me Please!

After water, tea is the most widely consumed drink in the world. Take that, coffee connoisseurs! The health effects of tea have been observed for nearly five thousand years and the variety of different teas are as vast as its complex history.

**T**ea has played a significant role in ancient culture for centuries as a staple beverage, a remedial drink, and a status symbol. There's so much more to tea than Chamomile, Rooibos and English Breakfast! We'll unpack some deliciously refreshing spring tea recipes for a fresh start to a new season, courtesy of Margaret Roberts *60 Teas to Revitalize and Restore* (Struik Nature).

## Healing Properteas

Lemon and honey are brilliant accompaniments to nearly any herbal tea. Both of these staple tea ingredients are important in building health; not to mention honey is simply the best natural sweetener! Lemon is a fabulous rejuvenator, cleansing the skin and detoxing the kidney and liver. You might even consider growing your own lemon tree so you're never in short supply of this enchanted little fruit. You can keep a Meyer lemon tree in a big pot in full sun and it won't take up too much space. Honey is well known for its antibacterial and antiviral properties. It's a brilliant remedy for diarrhoea, asthma and sore throats.

through the centuries from Turkey to North Africa. The leaves, roots and flowers of the violet plant are a great decongestant for the lungs and throat and open up blocked sinuses. The plant is also great for hay fever and headaches. To make a healing pot of violet tea, you'll need the following key ingredients

## VIOLET TEA



Serves ?

### INGREDIENTS

- ¼ CUP FRESH VIOLET LEAVES & A FEW FLOWERS
- ¼ CUP SAGE LEAVES
- ¼ CUP BERGAMOT LEAVES
- ¼ CUP TEA TREE SPRIGS
- 2 TEASPOONS ANISEED
- SQUEEZE OF LEMON JUICE

## What a re-leaf

Ah, spring-time; the season of love and blossoming new life. What a beautiful time of year. Though, for some of us, spring time means sniffing, sneezing and itchy eyes. In which case; roses are red, violets are healing! Violets have a long reputation for being a healing herb and a favourite

**did you know?**  
*The earliest recorded use of tea was in 350 AD, when a Chinese dictionary, Erh Ya, cited tea for the first time.*



1. Simmer the violet leaves and flowers, sage, bergamot and tea tree sprigs with aniseed in three cups of boiled water for 10 minutes.
2. Cool and then strain.
3. Add a squeeze of lemon juice if you like.
4. Sip on half a cup, warmed up, two or three times a day to relieve sinus congestion.
5. You can also steam with drop of tea tree and eucalyptus oil, using a towel as a tent over a steaming bowl of water.

### Berry Divine

Who would have thought this juicy little red berry (and a favourite summer-time snack) could be jam packed with so much healing goodness? For centuries, strawberry leaves have been used for digestive upsets, gout and arthritis, high blood pressure, to name just a few. We know strawberries contain a bounty of vitamins and minerals so it's little wonder, when added to tea, that this amazing fruit can do so much good. Give your liver a fresh start with this anti-oxidant, strawberry leaf tea.

## STRAWBERRY LEAF TEA

Serves ?

### INGREDIENTS

- ¼ CUP FRESH STRAWBERRY LEAVES
- ¼ CUP GOLDENROD FLOWERS AND A FEW LEAVES
- 1 TEASPOON LEMON ZEST
- ¼ CUP MEALIE SILK (FRESH OR DRIED)
- JUICE OF 1 LEMON
- HONEY TO SWEETEN
- 2 OR 3 RIPE STRAWBERRIES

1. Pour two cups of water over the strawberry leaves, goldenrod flowers and leaves, lemon zest and mealie silk.
2. Simmer for 6-7 minutes.
3. Cool and then strain.
4. Add lemon juice, honey and strawberries.
5. Take ¼ cup 4-6 times throughout the day.

### Stress-free Summer

Nothing beats the heat of a sticky summer day quite like a refreshing cup of cool iced tea. This interesting next ingredient looks contrary to how it tastes. As the name suggests, pineapple sage is bursting with a pineapple flavour from root to tip, but is packaged as a tiny herb with vigorously bright red flowers. Like most in the sage family, this miracle herb is known for renewing energy, promoting vitality and leaving you feeling stress-free. Here's what you'll need to make this pineapple sage summer tonic:

## PINEAPPLE SAGE SUMMER TONIC

Serves ?

### INGREDIENTS

- ¼ CUP PINAPPLE SAGE LEAVES
- 1 STICK CINNAMON
- 3 FRESH LUCERNE SPRIGS
- 2 SLICES OF FRESH PINEAPPLE PULP OF 2 PASSIONFRUIT

1. Pour a cup of boiling water over the pineapple sage leaves.
2. Add the cinnamon and lucerne sprogs and let it stand for five minutes.
3. Strain and cool.
4. Add the fresh pineapple and passionfruit.
5. Blend all in a liquidiser.
6. Serve chilled in a tall glass with lots of ice.



## 5 common herbs & THEIR HEALING PROPERTIES

1. **Basil** - This herb has anti-inflammatory and detoxifying properties and is known to ease indigestion and tension.
2. **Cardamom** - This ancient spice is best served in tea as an after-dinner drink. Cardamom seeds are great as a digestive, for easing colic and sweetening the breath.
3. **Celery** - this is one of the most misunderstood herbs! Celery is a great way to clear the body of toxins, excess fluid and relieves arthritic aches and pains. The herb is also great for treating chest ailments, lowering blood pressure and as a urinary antiseptic.
4. **Mealie Silk** - it's a little known fact that mealie silk makes for an amazing tea ingredient. It's extraordinarily high in potassium! Mealie silk flushes the kidneys and liver and is superb for any urinary infection.
5. **Ginger** - widely popular as a healing agent, ginger has been used for centuries for the treatment of a myriad ailments. Best known for its anti-inflammatory and antiseptic properties, ginger is wonderful for settling nausea, soothing fevers, easing aching muscles and as an all 'round flu fighter.

