

# Herbal Teas

## [ST2-100 - Alexandria Strawberry Seeds](#)

*Fragaria vesca*. Open Pollinated. Alexandria Strawberry. The plant produces excellent yields of juicy bright red strawberries from seeds the very first year if started early enough in the spring. This variety does not produce runners and can be planted with vegetables and flowers. The leaves make excellent herbal tea with woodruff leaves. Suitable for containers, rock gardens, and edging plants. Kids love them! An excellent choice for home gardens.



## [HB180-500 - Angelica](#)

*Angelica archangelica*. Biennial. Open Pollinated. The plant produces excellent yields of Angelica leaves and stalks that are sweet tasting. The roots are used to fight infection, improve energy, and stimulate circulation. Dried leaves can be brewed as tea. Also attracts beneficial insects and pollinators, such as bees, parasitic wasps, lady beetles, minute pirate bugs, syrphid flies, and tachinid flies. Excellent for home gardens.



## [HB154-500 - Bodegold Chamomile Seeds](#)

65 days. *Matricaria recutita*. Annual. Open Pollinated. Bodegold Chamomile. The plant produces high yields of chamomile flowers. This improved German variety has higher oil, higher yields, and larger flowers. The plant has white daisy flowers with yellow centers. Chamomile is used as a calming herbal tea and stimulates the immune system. Also known to treat inflammation, stomach disorders, depression, anxiety, and insomnia. Can be used fresh or dried. Grows well in poor soil. Attracts beneficial insects and is suitable for borders and landscaping. An excellent choice for home gardens



## [HB195-500 - Chia](#)

100+ days. *Salvia hispanica*. Annual. Open Pollinated. The plant produces excellent yields of beautiful fuzzy dark green leaves with blue flowers. This herb has many health benefits. The seeds have an excellent source of fiber, protein, calcium, and digestive enzymes. The leaves contain powerful antioxidants that improve overall health as well as increase energy. You can make a therapeutic tea from the leaves that banish lethargy and purifies the body. It is said the fiber and protein in Chia seeds are beneficial for those trying to lose weight. An excellent choice for home gardens. An heirloom variety from Guatemala and Mexico.



## [HB157-750 - Dandelion](#)

95 days. *Taraxacum officinalis*. Perennial. Open Pollinated. This strain forms lush heads of leaves that will rival your favorite lettuce. The leaves are tender, fleshy, and dark green. The plants spread up to 2 ft and the vitamin-rich leaves can be eaten raw, boiled, stir-fried, and used in soup. The roots can be eaten raw, cooked, or roasted and made into a coffee substitute. The flowers can be used to make fritters, tea, and dandelion wine. This is one of the safest herbs for regular use.



## [HB40-1000 - Feverfew Seeds](#)

95 days. *Tanacetum parthenium*. Perennial. Feverfew. The plant produces excellent yields of yellow green feathery leaves and white daisy flowers. It is said to ease migraine headaches, fevers, and menstrual cramps. Used to make teas. Also great for fresh-cut or dried flowers. It attracts beneficial insects. An excellent choice for home gardens.



### **HB22-1500 - German Chamomile Seeds**

65 days. *Matricaria recutita*. Annual. Open Pollinated. German Chamomile. The plant produces high yields of daisy-like flowers with an apple flavor. It is used fresh and dried to make great flavored relaxing tea, desserts, drinks, perfumes, and hair rinses. Aids in digestion and acts as a gentle sleep inducer. Because of the herb's antiseptic and anti-inflammatory properties, chamomile benefits conditions such as eczema, rashes, or insect bites. The dried flowers and leaves also make an addition to the potpourri. Also known as Common Chamomile. Drought Tolerant. An excellent choice for home gardens.



### **HB129-1000 - German Winter Thyme Seeds**

95 days. *Thymus vulgaris*. Perennial. Open Pollinated. German Winter Thyme. The plant produces high yields of aromatic Thyme leaves. Used in salads, beans, soups, stews, sauces, pickles, and French & Italian dishes. Excellent for poultry and fish dishes too. Medicinal herb used to treat sore throats and coughs. Also used as tea and massage oil. This is a winter-hardy variety. Cold Tolerant. An excellent choice for home gardens.



### **HB113-500 - Holy Basil**

90 days. *Ocimum sanctum*. Annual. Open Pollinated. The plant produces good yields of basil leaves. The leaves have a musky scent with a hint of mint. Used to make Thai teas. Medicinal used for digestive disorders. Also used in male and female tonics. Used by Hindus. Also known as Sacred Basil, Kaprao, and Tulsi. An excellent choice for home gardens.



### **HB42-100 - Horehound Seeds**

85 days. *Marrubium vulgare*. Perennial. Open Pollinated. Horehound. The plant produces good yields of fuzzy horehound leaves with small white purple or pink flowers. It is used to make horehound candy and tea. Used medicinal to relieve coughs, and sore throats, treat bronchitis and Whooping cough, and relieve gas. Also used topically to heal wounds. Excellent bee attractant. A hardy member of the mint family. A variety from Europe.



### **HB43-1000 - Hyssop Seeds**

85 days. *Hyssopus officinalis*. Perennial. Open Pollinated. Hyssop. The plant produces high yields of Hyssop. It has bright blue violet flowers. It is used in soups, stews, and salads and in making soothing tea. Also medicinal uses to treat colds, the flu, bronchitis, sore throat, bruises, burns, and antiviral conditions, especially for Herpes simplex. Essential oils are used in perfumes. Excellent for attracting bees, butterflies, and hummingbirds. Also known as Syrian Oregano. Drought Tolerant. An excellent choice for home gardens. A variety from the Mediterranean region.



### **HB3-1000 - Korean Mint Seeds**

85 days. *Agastache rugosa*. Perennial. Open Pollinated. Korean Mint. The plant produces good yields of flavorful green mint leaves with beautiful purple flowers. The leaves smell like licorice. Used in salads, stir-fries, and for seasoning meats and other dishes. Also makes a pleasing tea. It is known to help treat fevers and aid in digestion, chest ailments, and many other conditions. Excellent to make aromatic cut flowers. Easy to grow. Attracts beneficial insects and butterflies. An excellent choice for home gardens.



### **HB9-500 - Lemon Basil**

75 days. *Ocimum citriodorum*. Annual. Open Pollinated. The plant produces good yields of beautiful shiny basil leaves. Leaves have a lemon flavor that is excellent for flavoring chicken dishes. Used in vegetable dishes, salads, tomato dishes, cheeses, omelets, tea, fish, and making herb vinegar. Suitable for container gardens. An excellent choice for home gardens. A variety from India.



### **HB146-1000 - Mother of Thyme Seeds**

95 days. *Thymus serpyllum*. Perennial. Open Pollinated. Mother of Thyme. This spreading plant produces high yields of thick aromatic dark green Thyme leaves. Purple flowers appear in early summer. Used in salads, rice, and fish dishes. Medicinal herb used to treat sore throats, coughs, and mucus congestion. Also used as tea and massage oil. This is a winter hardy variety. Makes a good filler between pathway steps or at the front of the border. A sweet fragrance is released when it is walked upon. Cold Tolerant. Also known as Brotherwort Thyme, Wild Thyme, and Creeping Thyme. An excellent choice for home gardens.



### **HB50-250 - Motherwort Seeds**

85 days. *Leonurus cardiaca*. Perennial. Open Pollinated. Motherwort. The plant produces good yields of large leaves of Motherwort with tiny pink flowers. Used as a traditional female tonic. Dried leaves can be brewed into tea. A medicinal herb used as an emotional balancer, stress reliever, menstruation, and treatment of infertility. It can also help to treat an overactive thyroid. Also known as Lion's Ear and Lion's Tail. A member of the Mint family. An excellent choice for home gardens.



### **HB75-1000 - Mountain Mint Seeds**

85 days. *Pycnanthemum pilosum*. Perennial. Open Pollinated. Mountain Mint. The plant produces good yields of fragrant Mountain Mint leaves. It may be used just like peppermint. It has a wonderful menthol fragrance for potpourri. Used to make teas for indigestion, and fevers, and to regulate the menstrual cycle. White flowers attract bees and butterflies. An excellent choice for home gardens. A variety from the USA.



### **HB51-1000 - Mugwort**

85 days. *Artemisia vulgaris*. Perennial. Open Pollinated. The plant produces good yields of beautiful fragrant leaves. Used to make tea to treat menstrual and menopausal problems. Also used for digestive problems to reduce bloating. Stimulates and improves memory. Good insect repellent. Easy to grow. An excellent choice for home gardens. A variety from the Medeterrain region.



### **HB123-500 - Pennyroyal**

85 days. *Mentha pulegium*. Perennial. Open Pollinated. The plant produces excellent yields of aromatic mint-flavored leaves used in a variety of remedies and used in making tea to ease headaches. It can be added to desserts drinks and dips. Perfect for seasoning dishes, garnishes, and culinary creations. The plant is said to repel flies, gnats, chiggers, ticks, and mosquitoes! For medical uses, it is used to relieve dizziness and vertigo and is useful to help digestion, flatulence, and stomach problems. This crawling plant is used by homeowners to make permanent landscaping along walkways. Also used as an insect repellent and repel mice. An excellent choice for home gardens. United States Department of Agriculture, PI 197822. A variety from the Medeterrain region.



### **HB78-1000 - Peppermint**

85 days. *Mentha piperita*. Perennial. Open Pollinated. The plant produces excellent yields of very aromatic peppermint leaves. The leaves are used to make tea, candies, and desserts. Also used for treating the common cold, asthma, congestion, and indigestion. Attracts beneficial insects. Suitable for containers. An excellent choice for home gardens.



### **HB81-500 - Quedlinburger Neiderliegende Lemon Balm Seeds**

70 days. *Melissa officinalis*. Perennial. Open Pollinated. Quedlinburger Neiderliegende Lemon Balm. This plant produces good yields of lemon-scented leaves. Used for delightful teas, sauces, salads, and summer drinks. Excellent for colds, flu, depression, headaches, and indigestion. This is an improved variety with increased yields, higher essential oil content, and better winter hardiness. An excellent choice for home gardens.



### **HB23-500 - Roman Chamomile Seeds**

65 days. *Chamaemelum nobile*. Perennial. Open Pollinated. Roman Chamomile. The plant produces high yields of daisy-like flowers with an apple flavor. It is known for its calming effect; both on the body and mind. It is used fresh and dried to make great flavored relaxing tea, desserts, drinks, perfumes, and hair rinses. Aids in digestion and digestive pain, and acts as a gentle sleep inducer. Because of the herb's antiseptic and anti-inflammatory properties, chamomile benefits conditions such as eczema, rashes, or insect bites. Hot tea eliminates mucus buildup. When added to a hot bath, it aids in muscle pain relief. The dried flowers and leaves also make an addition to the potpourri. Used as a ground cover for filling spaces between flagstones, cracks, and paths. An excellent choice for home gardens. A variety from the Mediterranean region.



### **HB84-100 - Sage Seeds**

90 days. *Salvia officinalis*. Perennial. Open Pollinated. Sage. The plant produces excellent yields of very flavorful silver green leaves. Used fresh or dried to season beans, cheese, poultry, pork, sausages, omelets, cheese and bean dishes, meats, sauces, and tomato dishes. Also used as a digestive and nerve tonic. Sage tea is used to gargle for sore throat. Perfect as a border plant in the herb garden. Suitable for containers. Sage naturally dies after about 5 years, so replant every 3 years. Also known as Broadleaf Sage, Common Sage, and Garden Sage. Excellent choice for home gardens. A variety from the USA.



### **HB68-250 - Spearmint Seeds**

85 days. *Mentha spicata*. Perennial. Open Pollinated. Spearmint. The plant produces good yields of dark green spearmint leaves. This sweet smelling spearmint is used in candy, teas, jellies, desserts, lamb dishes, and salads. Also used as a garnish on ice cream, iced drinks, and melons. Adds fragrance to toothpaste, lotions, and tinctures. Spearmint tea is used for medical purposes to treat many ailments, including nausea, hiccups, and poor digestion. Suitable for containers. An excellent choice for home gardens. A variety from the USA.



### **HB134-500 - Summer Savory Seeds**

70 days. *Satureja hortensis*. Annual. Open Pollinated. Summer Savory. The plant produces good yields of peppery flavor leaves. Excellent for flavoring sausage, egg dishes, cabbage, sauerkraut, beans, peas, and lentil dishes. A peppery flavor to add to dressings and sauces. It is often called the bean herb. Also used to make tea for sore throats, asthma, the common cold, and a persistent cough. It is often used as a remedy for stings, insect bites, and skin irritations. It has an added benefit as it repels insects. An excellent choice for home gardens.



### TR12-10 - Tea Leaf Tree

Camellia sinensis. Perennial. Open Pollinated. This small tree produces excellent yields of green tea leaves. Tea is the world's most consumed drink. Young leaves are processed to make tea and green tea beverages. It is used for medicinal use too. Tea stimulates the central nervous system, is diuretic and astringent, relaxes smooth muscles, and increases coronary flow. It has significant anticancer and antioxidant effects and even has been shown to prevent tooth decay on account of its high fluoride content. Can be grown indoors in containers. A variety from India.



### HB79-1000 - Yarrow Seeds

85 days. Achillea millefolium. Perennial. Open Pollinated. Yarrow. The plant produces heavy yields of beautiful white flowers commonly used as a medicinal herb and in herbal teas. It attracts bees, butterflies, and beneficial insects. Good for cut flowers too, as dries well. Blooms in the summer. Used for medical purposes to treat colds, fevers, and wound healers. One of the most popular herbs for colds and flu. Used topically to stop bleeding by crushing flower tops and leaves. it was used medicinally to slow the flow of blood from wounds. A hot cup of tea from the leaves and flowers induces a sweat to throw off heat and toxins. Yarrow is also commonly known as Nosebleed Plant, Old Man's Pepper, Sanguinary, Soldier's Woundwort, Thousand Leaf, and Devil's Nettle. A variety from the Mediterranean region.

