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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.

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Customer Reviews

Tea is the new coffee. When such global shops as Starbucks drink up smaller tea concerns and when national "drink me" retailers appear in neighborhoods, then Londoner Liversidge (author of *Pasta Sauce! Grow Your Own Ingredients*, 2013) is right on trend. Her book acts as a reference tool primarily for those harvesting from seed or plant, although, obviously, anyone tea inclined will find it useful. She covers leaves, seeds, fruits, flowers, and roots—43, in total—with such information as reaping medicinal and nutritional benefits, growing, harvesting, and preparing the brew. Although the format is somewhat repetitious, and the

photographs are not the sharpest, her wisdom is demonstrated on every page. For instance, sidebars called "Teabag Friends" and "Tips" respectively identify complementary tea tastes and alternative uses (as well as occasional caveats, like don't confuse African violets with violets). Both the book's introduction and its finale are well filled with facts, ranging from notes about teapots and water to advice on plant gardening and tea drying. --Barbara Jacobs

CASSIE LIVERSIDGE was born in the UK and studied Fine Art at Plymouth University. She grew up on her parent's plant nursery where her love of gardening began. Her debut book, *Grow Your Own Pasta Sauce* came from a desire to share her passion for eating home grown food and living in a more sustainable way. She lives and works in London with her husband and two sons, but spends two months of the year in New York.

I am not quite sure why i am so interested in teas/tisanes/decoctions/infusions, i don't drink hot drinks. Though several do make excellent sodas, which i do enjoy regularly. I have always liked the idea of "teas". While it is not a weighty tome of botanical insight there is a certain pleasure to seeing such a list of plants as is discussed here. The book covers many different possibilities, most are common, some not so common. My main complaint against the book is the total lack of growing zones being mentioned in the "to grow" section of each plant. It is an oversight that is hard to understand as it is such basic necessary information on how to grow a plant. Otherwise it is an enjoyable book.

A very interesting read. It has tons of information on the different plants you may use for making tea and different methods as well. It explains everything in detail. Definitely a book to get for any tea lover. I got this book because I want to start making my own tea bags without all the chemicals that may be sprayed on commercial teas. This book gives me enough background knowledge to get started.

A good book for someone interested in trying to grow their own tea. It may not be as comprehensive as some other reviewers have indicated, but it is a very good starting point for someone new to growing tea.

Just what I was looking for! I am a beginner when it comes to tea, and this book makes it so simple.

Though I'm sure the actual process will be a lot harder, I still can't wait to get started!

Very detailed resource. This book will come in handy for years to come.

This book is wonderful and very informative. Learning a lot about how to grow, harvest and brew my tea. Not to mention I love the photographs in the book.

Beautiful book. Made an excellent gift for my mother who intended to start growing herbs for tea.

Great book. Easy read. Nice as a gift. Practical guide to the world of tea.

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