Make Your Own Tea Blend

Lesson 10

**Purpose:** For students to use edible plants to make their own tea blend. Once again, students will learn that they can make tea without wasteful packaging.

**Materials:**

\*enough tea pots for the number of groups you have (we had 10 groups of 4-5 students)

\*a cup for everyone

\*a variety of dried and fresh herbs (we used herbs that we had grown in our garden and our classroom-see earlier lesson as well as herbs that we purchased)

\*compostable tea bags with drawstring (purchased from amazon)

\*spoons

**Procedure:**

1. Each group discusses their tea blend together and writes out their recipe-see handout below.

2. Once students have created their recipe, give each group a compostable tea bag. They fill the bag with the herbs, fruit, etc. that they have chosen.

3. Once their bag is full, they close it and put it in their pot. The group tells a teacher they are ready, and the teacher fills their pot with hot water.

4. Once the tea has steeped (you might want a 10-15 min activity that kids can do while the tea steeps), students pour it into their cup and enjoy.

5. We provided cookies.

6. Have a discussion about what herbs worked and which ones might not have worked.

7. Students can look back at their recipes and make any changes that they feel would make for a better tea blend.

**Extension (To be done during the next cooking lesson):**

1. Each student is given two more tea bags and the opportunity to fill them with herbs, fruit, etc. They should make choices based on their first blend (what they liked and didn’t like).

2. They can steep one in a mug which they can drink and take the other one home.

We discussed having a school wide tea party, or family day tea where our students could make big carafes of tea and granola bars that they could share with classes/parents who signed up. Each student/parent would receive a small taste of tea and a granola bite.

Make Your Own Tea

Look at the list of tea ingredients below. As a group decide on which ones you want to include in your tea and how much of each item you want to use. In the space below, write out your recipe. When you are done, show a teacher.

Pineapple Mint Lemon Balm Dried Mango

Spearmint Stevia Dried Lemon

Chocolate Mint Chamomile Dried Orange

Orange Mint Sweet Marjoram Dried Pear

Mojito Mint Golden Lemon Thyme Dried Apple

Lemon Mint Lavender Dried Banana

Rosemary

Honey Fireweed Stinging Nettle

Cinnamon Giant Hyssop Bee Balm

Dandelion Rose Hip

Write your recipe here.