



# Tea Time - Take a Nutrient Break

Don't just have snack time for the kids, have tea time. Incorporate a break in your day to enjoy a cup of herbal tea that will do your body good. This is a great time to talk about the herbs you are enjoying and what they are good for. It can also be a time to read a chapter of a book together, listen to uplifting music, read a poem or a devotional. It does not have to be complicated or long, but can build a routine that allows you to rejuvenate with some additional nutrients in the middle of the day. You can serve the same or different blend of tea in the morning and evenings. If you feel it is too hot for tea, make your tea time into iced tea time.

Practice blending your own teas from plants you can forage in your local area. Have the children help collect the plants for drying and then crumble them for storage when ready. Making tea does not have to be precise. Play around with amounts of herbs and combinations. Write down the ones you like!

Herbs/Plants to consider blending for tea:

- Alfalfa
- Bergamot
- Catnip/catmint
- Chamomile
- Dandelion
- Dill
- Echinacea
- Elderberry
- Fennel
- Lambsquarter
- Lemon balm
- Mallow
- Nettle
- Oatstraw
- Peppermint
- Pineapple weed
- Plantain
- Red Raspberry leaf
- Rosehip
- Sweet clover (occasional)
- Thyme
- Violets

If you are pregnant, on blood thinners or have thyroid issues be sure to check for contradictions before drinking herbal tea blends.