



Master Gardener  
University of Illinois Extension  
Serving Fulton-Mason-Peoria-Tazewell Counties



## What is a tea garden?

- Place to enjoy tea
- Garden that grows plants used to make tea



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## History of Tea

- *Camellia sinensis* - tea
  - Orient
  - England
- 4 foot shrubs
- Acre = 1500 pounds/year
- Handpicked picture at right from Tanzania



Plantation worker picking tea in southern highlands of [Iringa Region, Tanzania](https://commons.wikimedia.org/wiki/File:Tea_picking_in_Tanzania.jpg)  
By Martin Benjamin - Own work, CC BY-SA 3.0, [https://commons.wikimedia.org/wiki/File:Tea\\_picking\\_in\\_Tanzania.jpg](https://commons.wikimedia.org/wiki/File:Tea_picking_in_Tanzania.jpg)



By Kuebel - Armin Kuebelbeck - Own work, CC BY-SA 3.0, [https://commons.wikimedia.org/wiki/File:Tea\\_flower.jpg](https://commons.wikimedia.org/wiki/File:Tea_flower.jpg)



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## Recent History of Tea

- Herbal teas
  - Medicinal
  - Chamomile, peppermint, elderflower
  - Oswego tea (from bee balm)
- Ice Tea from 1901  
World's Fair in St. Louis
- Tea bags in 1908 (silk)
- Today - 200 million pounds/year
  - "Lipton"
  - "Celestial Seasonings"
  - "Bigelow"
  - Health food stores
  - Natural foods
  - Caffeine free



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## Tea Gardens



"A garden where tea may be fully savored".

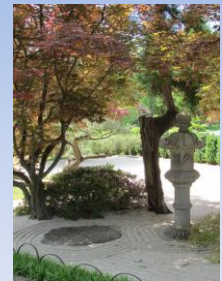


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## Tea Garden Types

1. English
2. Japanese
3. Chinese
4. Cottage
5. Herb
6. Container



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## English Tea Garden

Then

- Formal and controlled
- Large gardens
- Servants

Now

- Time to relax
- Smaller



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## It's tea time

- **Low tea or afternoon tea**  
Served from trays on low tables beside armchairs with finger food
- **High tea (meat tea)**  
Tea served after work with a meal that includes meat, tea, and sweets
- **Light tea**  
Four course menu with sandwiches



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## Cottage Tea Garden

- For "working folks"
- Smaller and practical
- Informal and efficient
- "right plant, right place"



Anne Hathaway's Cottage  
By Stefan Stagemann - self made, CC BY SA 3.0,  
[https://commons.wikimedia.org/wiki/File:Anne\\_Hathaway\\_Cottage.jpg](https://commons.wikimedia.org/wiki/File:Anne_Hathaway_Cottage.jpg)



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## Japanese Tea Gardens

These gardens are considered to be a link between humans and nature and are as much spiritual as physical.



Portland, Oregon Japanese Garden.



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## Japanese tea garden plants

- Showcase specimen plants with character
- All have the 3-friends of winter
  - Pines: picturesque (lasting maturity)
  - Bamboo: flexibility (resilience)
  - Plums: hope, rebirth, and triumph of spring over winter
- Roses and rhododendrons



Brooklyn Museum - Three Auspicious Friends  
Pine Bamboo and Plum  
By Chōshi Yabu - Online Collection of Brooklyn Museum; Photo: Brooklyn Museum, 2002.121.201.MLS\_P53.jpg - Public Domain,  
[https://commons.wikimedia.org/wiki/File:2002.121.201.MLS\\_P53.jpg](https://commons.wikimedia.org/wiki/File:2002.121.201.MLS_P53.jpg)



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## Chinese Tea Gardens

Five Basic Elements

1. Plants
2. Rocks
3. Architecture
4. Water
5. Poetry



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## Herb Tea Gardens

- Formal knot garden
- Or simple corner bed
- Alive with bees and hummingbirds



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## Herb Tea Gardens

### **"Magic Gardens"**

Their flavor and fragrance again carry romance, mystery, legends, and magic. Lifting us out of the hurrying present, even if just for a little while."  
*Rosetta Clarkson*



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## Container Tea Gardens

- For small spaces
- Patios, balconies
- Porch
- Windowsill
- Window box



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## Tea Garden Design Components

Enclosure  
Pathways  
Special features



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## Structure and enclosure

- Sense of place and privacy
- Visual and physical enclosure
- Clipped hedge
- Stone wall
- Wooden fence
- Trellis
- Pergola or arbor
- Tea hut



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## Pathway

- "Pathway to reach inner sanctum"
- Enter garden through gate
- Path winds – "Like a symbolic river pouring past plants."



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## Special Features

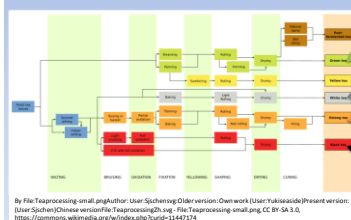
- Stone Lantern – functional or decorative
- Bench – to relax and contemplate
- View



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## Types of Tea



Green tea

White tea

Oolong tea

Black tea



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## Tea Plants to Grow

- |           |               |
|-----------|---------------|
| Chamomile | Basil         |
| Mint      | Fennel        |
| Lavender  | Horehound     |
| Rosemary  | Lemon verbena |
| Roses     | Sage          |
| Calendula | Valerian      |
| Bee Balm  | Thyme         |
| Hops      |               |



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## Chamomile

- Roman (*Chamaemelum nobile*) – low growing perennial
- German (*Matricaria recutita*) – cool annual
- Height: 12 to 18"
- Chamomile tea
  - Evening tea to induce sleep
  - Fresh or dried flowers
  - Steep for 3-4 minutes
  - Delicate flavor



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## Mint - *Mentha* species

- Perennial
  - Aromatic leaves
  - Pale flowers
- Height: 12 to 24"
- Mint Tea
  - "pick-me-up"
  - Slightly crushed whole leaves
- Invasive!



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## Lavender - *Lavandula angustifolia*

- Perennial
  - gray-green, needle-like leaves
  - 4-6 inch, fragrant flowers
- Lavender tea
  - Relax and sleep
  - Dried flowers (1 teaspoon)
  - Fresh flowers (3 teaspoons)
  - Steep to taste



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## Rosemary - *Rosmarinus officinalis*

- Tender perennial
  - Aromatic, needle-like leaves
  - Pale blue flowers
- Height: up to 2 feet; various forms exist
- Tea
  - Dried flowers (1 teaspoon)
  - Fresh flowers (3 teaspoons)
  - Steep to taste



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## Rose

- Shrub
- Tea from flowers
  - Dried flowers (1 teaspoon)
  - Fresh flowers (2 teaspoons)
  - Steep to taste
- Tea from hips
  - Grind into powder
  - 1 teaspoon per cup
  - Steep 5 minutes
  - Add honey



By 竹書集 - ja image:Rosmarinus.png, Public Domain,  
<https://commons.wikimedia.org/w/index.php?curid=1208296>



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## Calendula - *Calendula officinalis*

- Annual
  - oblong, slightly fuzzy leaves
  - daisy-like flowers in warm colors
- Height: 8-24"
- Tea use dried flowers or petals
  - 2 teaspoons dried
  - 4 teaspoons fresh
  - Steep 5-10 minutes
  - Tea is bright yellow



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## Bee Balm - *Monarda sp.*

- Bergamot, Oswego Tea
- Perennial in mint family
- Height: 24-48"
- Tea use
  - 1 teaspoon dried flowers
  - Simmer 5-6 minutes
  - Clear, dark red tea



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## Basil - *Ocimum basilicum*

- Annual
- Fragrant leaves
- White to burgundy flowers
- Height: 8 inches to 2 feet
- Tea - leaves
  - Spicy, clove-like
  - 1 teaspoon dried
  - 3 teaspoons fresh & crushed



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## Fennel - *Foeniculum vulgare*

- Hardy, self-sowing perennial
  - feathery, thread-like leaves
  - yellow flowers
- Height: 4 feet
- Tea - leaves
  - licorice
  - 2 teaspoons dried
  - 3 teaspoons fresh
  - Steep to taste



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## Horehound - *Marrubium vulgare*

- Perennial
  - Hairy, gray leaves
  - Small creamy-white flower
- Height: 1-3 feet
- Tea – crushed leaves
  - Bitter and musky
  - 1 teaspoon dried
  - 3 teaspoons fresh



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## Lemon Verbena - *Aloysia triphylla*

- Tender perennial
  - Narrow leaves
  - Lemon scent
- Container plant
- Tea- leaves
  - Warm and lemony
  - Mix with black
  - 1 (dry) to 3 (fresh)
  - Steep 15 minutes



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## Hop - *Humulus lupulus*

- Perennial Vine (20 feet)
  - 3-5 lobed leaves
  - Yellow-green cones (female)
- Used to make beer
- Tea- leaves
  - 1 (dry) to 3 (fresh)
- Tea-hops
  - 1 tablespoon in ½ pint water
  - Simmer 2-3 minutes
  - Steep well and strain



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## Sage - *Salvia officinalis*

- Long-lived perennial
- leathery, gray-green leaves
- lavender-blue flowers
- Height: 2-4 feet, mounded
- Tea
  - 1 teaspoon dried or fresh chopped leaves and tops
  - Steep for 10 minutes
  - Sweeten with honey



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## Valerian - *Valeriana officinalis*

- Perennial
  - Light green leaves
  - Flowers in June
- Height: 4 feet
- Tea – ground root
  - Mild sedative, strong odor
  - ½ teaspoon
  - Steep 10 minutes
  - Flavor with honey

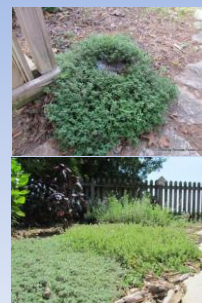


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## Thyme - *Thymus* sp.

- Perennial
  - small, aromatic leaves
  - lilac to pink flowers in terminal clusters
- Height: 12 inches
- Tea – leaves and tops
  - 1 dry to 3 fresh
  - Steep 10 minutes



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## Others

- New Jersey Tea
  - Native perennial shrub
  - Fresh or dry leaves
  - Used as substitute after Boston Tea Party
- Sassafras
  - Tea from root bark
  - Contains FDA banned chemical safrole, which causes liver cancer in rats
  - Therefore, not recommended



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## How to brew the best tea

- Hot water – boil or not?
- Strainer or bag?
- How long to steep?
- Sweeten or not (honey, stevia)
  - Hot with milk or honey?
  - Iced with a little bit of lemon and sugar?
  - Made only with the infusing powers of the sun?

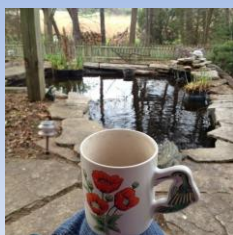


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## Most of all....

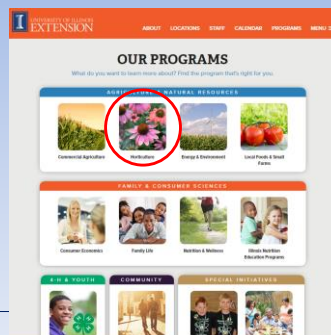
- Relax and enjoy
- Take a load off... and savor the moment



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## Thank You!



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