



Tea Gardens

A place to enjoy tea

Garden that grows plants used to make tea

Garden Styles

English Tea Garden

Large, formal, and controlled gardens with servants

Cottage Tea Garden

For the “Working folks”

Smaller, practical, informal, and efficient gardens

Japanese Tea Gardens

“A place where people are made constantly aware of their interconnectedness with the natural world.”

Includes the “3-friends of winter”: pine, bamboo, and plum

Chinese Tea Gardens

Five basic elements: plants, rocks, architecture, water, and poetry

Herb Tea Gardens

Formal knot garden or simple corner bed that is alive with bees and hummingbirds

Container Tea Gardens

For small spaces: patios, balconies, porch, and windowsill

Tea Garden Design Components

- Enclosure: sense of place and privacy
- Pathways: “to reach the inner sanctum”
- Special features: lantern, bench, view

Types of Tea

- White (unfermented)
- Green (partially fermented)
- Black (fermented)
- Oolong (mix of both)
- Blended: Earl Grey, English Breakfast
- Scented and flavored
- Chai and spiced
- Herbal
- Decaffeinated

Tea Plants to Grow

Herb Name	Type	Tea – Directions for 1 cup of water. Unless stated otherwise, brew in boiling water and steep 5 minutes
Chamomile	Roman – perennial German – cool annual	“Induce sleep” 1 tablespoon fresh or 2 teaspoons dried flowers, steep 5-30 minutes to taste
Mint	Perennial – invasive	“Pick-me-up” 1 teaspoon dried leaves or 3 teaspoons crushed fresh leaves, steep to taste
Lavender	Perennial	“Relax and sleep” 1 teaspoon dry flowers or 2 teaspoons fresh flowers, steep to taste
Rosemary	Tender perennial	1/2 teaspoon dry or 1 teaspoons fresh leaves, steep to taste (very strong)
Rose	Many forms	Flowers: 1 teaspoon dry or 2 teaspoons fresh Hips: 1 teaspoon dried and ground to powder
Calendula	Annual	Flowers: 2 teaspoons dry or 4 teaspoons fresh Steep 5-10 minutes for bright yellow tea
Bee Balm (Oswego tea)	Perennial (mint)	1 teaspoon dry flowers or leaves, simmer 5-15 minutes for clear, dark red tea
Basil	Annual	Spicy, clove-like. Leaves: 1 teaspoon dry or 3 teaspoons fresh/crushed
Fennel	Annual or self-sowed perennial	Licorice taste Leaves: 2 teaspoons dry or 3 teaspoons fresh Seeds: 1 tablespoon crushed, simmer 5-10 minutes
Horehound	Perennial	Bitter and musky. Crushed leaves: 1 teaspoon dry or 3 teaspoons fresh
Lemon Verbena	Tender perennial	Warm and lemony, mix with black tea Leaves: 1 teaspoon dry or 3 teaspoons fresh. Steep 15 minutes
Hops	Perennial vine	Leaves: 1 teaspoon dry or 3 teaspoons fresh Hops: 1 tablespoon in 1/2 pint, simmer 2-3 minutes
Sage	Perennial	1 teaspoon dried or fresh, chopped leaves Steep 10 minutes
Valerian	Perennial	Mild sedative with strong odor Root dried and ground to powder: 1/2 teaspoon, steep 10 minutes
Thyme	Perennial	Leaves: 1 teaspoon dry or 3 teaspoons fresh, steep 10 minutes

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