



HOME GROWN TEA

An Illustrated Guide to Planting, Harvesting,
and Blending Teas and Tisanes

CASSIE LIVERSIDGE

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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.

Homegrown Tea: An Illustrated Guide to Planting, Harvesting, and Blending Teas and Tisanes Details

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From Reader Review Homegrown Tea: An Illustrated Guide to Planting, Harvesting, and Blending Teas and Tisanes for online ebook

Bev says

Homegrown Tea is a browsable book of over 40 plants that can be used for tea. There's "the" tea plant, of course, but also other leaves, seeds, roots, and flowers that may be brewed into a tea. Each plant has about 6 pages dedicated to medicinal benefits, growing and harvesting methods, and, of course, how to brew as tea. The photos and illustrations were beautiful, and many of them were full-page. My favorite part: a sidebar for each plant called "Tea Bag Friends" with suggested tea blends.

While this is not a basic gardening book, it's still accessible. There is a helpful section near the end on plant care, including how to divide different types of plants covered in the book. There's also a section on drying and preserving your tea, and resources for finding some of the more unusual plants.

Review also posted at: <http://everydayhas.wordpress.com/2014...>

Pattee says

This book, subtitled "An Illustrated Guide to Planting, Harvesting, and Blending Teas and Tisanes" is a delightful gardening book for lovers of tea. All teas, black, oolong, white, or green come from the plant *Camellia Sinensis*. The differences among teas is in how we grow, harvest, and process them.

The book is clear and well-laid out. It is illustrated with both photographs and drawings. Liversidge divides the book into 5 sections: leaves, seeds, fruits, flowers, and roots.

The author gives some excellent and easy to follow tips on brewing, teapots, teabags, even the best water to use. One of the things I liked most about this book was the individual mini-sections on tea leaves, seeds, fruit, and flowers. The author's selections for inclusion here are based on popularity and ease of growing. Forty plants receive special attention, including the tea plant itself, black, white, and green. Useful tips on growing, harvesting, and using these plants supplement this section.

I found the remainder of the book interesting and practical to gardeners. Liversidge is careful to distinguish the actual plant/seed/flower she is describing from other similar or like-named plants. She is clear in presenting other common names for the plant in question. She details what parts of the plant are specific to tea-making. Further, she adds information about which plants attract bees, birds, and butterflies. I also enjoyed the brief history of each plant included in the mini-sections.

The mini-sections are laid out alike giving the history first followed by a brief survey of the edible parts of the plant. The medicinal use of the plant is clear and concise. The author next presents how-to grow basic information. Harvesting is well explained so that even the most novice of gardeners can follow along. Then, she ends with how to make tea from the specific plant/flower/seed she is highlighting.

Her attention to detail is informative but not overwhelming. Each plant is also identified for tasty pairings of

tea, such as bergamot and black for an Earl Grey or bergamot and rosemary for a 'feel good' beverage. Blending angelica (stems or roots) with coriander seeds is great for digestion. And a favorite – Calendula petals put under your pillow at night will make your dreams come true. What a fascinating read this is.

Ashley H. says

A great resource for growing official tea plants and other plants that can be combined with tea or brewed on their own. Features illustrations painted by the author that are gorgeous!

Erin L says

An excellent guide to what plants you can grow in your garden to make your own tea/tisane. I live in Canada so there are a lot that I won't be able to grow, but it was interesting to learn that Bee Balm (Monarda) is a plant I can make tea from. And bees love it.

A lot of good information here, but it is essentially a gardening book with very in-depth information about growing the plants.

Mariah says

A very interesting read, it was informative and has beautiful pictures!

Cordula Van says

I recommend this book not only for tea drinkers.

Aaron Harding says

My introduction to growing my own tea leaves :3

Not completely scientifically accurate, with a few "are you sure"s? Cassie says she prefers and recommends to use fresh water to fill the kettle as it contains more oxygen, and this isn't really true. Working in a kitchen learning some chemistry with the chefs, I learnt that boiling water cannot hold any dissolved oxygen. So once boiled water will always contain the same amount of dissolved oxygen (zero percent) even after a second boil. I guess what you can say is that dirt, impurities, and limescale stay in the kettle (depending on your hardware) so for you it could be best to use fresh water. I personally do not mind as constantly using fresh water is also a bit of a waste.

Still a great introduction to growing your own tea, and even instructions to grow on window shelves, heck

yes!

Michelle Hall says

A smart not-cookbook-sortof on the art of growing tea.

Tarita Henry says

Apparently, tea doesn't really do to well in Iowa weather, and deer love to eat it....so not gonna happen.

Heydi Smith says

The end all and be all of Tea books. This book will explain the history, how to grow, pick, dry, and make many different teas, as well as tell you what goes well with it and how to make different combinations. Love this book and will definitely but it someday!

Sadie Oldenkamp says

Meh. Can't really do any of these recipes unless you have some really expensive equipment like top tier dehydrators and specialized sushi mats. Was hoping to have more data on how to grow these and there was not a lot of variety in tea types.

Tynan says

A very helpful book for anyone interested in herbs and tea and natural medicine. Informative overviews and basic instructions to let one know if this or that plant is the right one. I'm adding this to my reference collection.

Maureen says

Good information for a beginner. Well thought out.

Story Circle Book Reviews says

Being a long-time practicing herbalist, I am not easily impressed by books on herbs. More often than not it seems as though writers rely on what others have written, regurgitating the same information again and again

without adding much, if any, new material from their own understanding, practice, and experience.

Not so with *Homegrown Tea: An Illustrated Guide to Planting, Harvesting, and Blending Teas and Tisanes*. The author, Cassie Liversidge, has provided a book that is as refreshing as hibiscus tea on a hot summer afternoon, combining scientific information, traditional and folklore traditions, and her own experiences with each plant she features.

Liversidge begins with tea, both black and green, and then goes on to explore various alternatives to that most traditional of beverages, such as lemon balm, blueberries, and honeysuckle. Odd as it is, I had never really thought of trying to grow actual tea plants. While I realize it would be impossible for me to grow enough to keep my family in tea for a year, I do think it will be fun to grow at least a couple just to see how they grow and try my hand at harvesting and preparing our own homegrown tea.

The book is beautifully put together and effectively organized. It is divided into larger sections like leaves, seeds, fruits, flowers and roots. Each section offers several examples and gives information on medicinal benefits, growing and harvesting, blending and making a tea or tisane with that plant or plant part. I especially enjoyed the "Tea Bag Friends" sidebars, in which Liversidge offers ideas and tips for blending other plants with the one that is being featured. Her writing style is interesting and individual, and one gets the clear impression that she has personal experience with each herb, fruit or root she is discussing.

Whether you are a tea enthusiast, herbalist, or gardener, you will find loads of good information and sound advice in this lovely, unique book.

by Khadijah A.
for Story Circle Book Reviews
reviewing books by, for, and about women

Mary says

Very well done book with a lot of good information on a wide variety of plants that can be grown for tea, how to grow and harvest them, and some of their medicinal uses.
