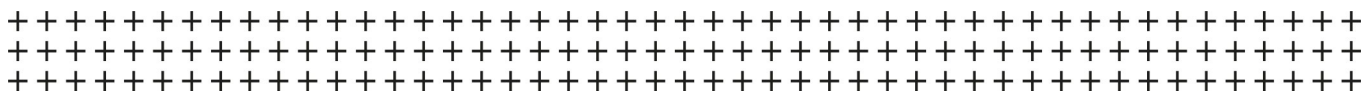


Create#24 // Wild Teas

by Jon Tyler



Leaf and flower infusions are the perfect way to discover the many varied and surprising flavours that wild plants have to offer. At the same time they provide a great opportunity to develop your own brewing ritual; slowing down, relaxing and cherishing the moment.

I often hear the expressions “grabbing a quick tea” or “having coffee to go”; but in the rush to be always doing more, something important and vital has been lost. For many cultures around the world preparing a brew is so much more than just making a drink. It’s an essential ritual, both purposeful and relaxing; with as much of the pleasure in the anticipation and preparation as it is in the consumption.

So why not take some time out to create your own brew ritual; whether you are by yourself or sharing and enjoying with others.

You will need

- A flask of hot water
- A special pot or cafetière
- Cups or glasses
- Scissors and a basket
- Space to brew

Recipe for Wild Teas

There are several stages to developing and perfecting your own brewing ceremony:

Collecting: Pick only plants that you are sure about and can positively identify. Don’t forget many common garden herbs are excellent in infusions too.

Drying : Most leaves and flowers to be used in infusions are better when they have dried out for a few days. This can be done in an airing cupboard, on a cooling rack or on kitchen roll.



Pine needle tea

Store in jars or sealed bags and remember to label them.

Brewing: Generally wild plant infusions take longer than traditional tea leaves as the plants are both less processed and have more subtle flavours. Use hot water that is of the boil around 80 °C to 90°C and brew for 10 - 15 minutes before drinking.

Drinking: Some plant infusions are better hot, some gain more flavour or change as they cool. Its worth trying each plant individually first to get a feel for its taste profile.

Exploration

- Experiment with different mixes of ingredients to find what blend you like best.
- Make your own wild tea recipes, keep a journal or record your findings in a diary.

Put together special seasonal mixes of flowers, leaves and fruits or have celebration



A selection of wild foraged teas



Cafetière , flask and cups

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CONTACT

For more information on any of these activities, or if you would like to receive our activity packs in the post, please contact :

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