



"Morning Tea"

This combination will give a peaceful and refreshing start to your day! Just cut a sprig of each, place in a mug, and cover in boiling water for 5 minutes. Add honey, if desired. On a hot summer's day, let it cool after steeping and try it on ice. Check out the descriptions on the back and try different ratios to get your preferred flavor!

Grower's Note: *Your potted herbs are meant to be enjoyed on a windowsill in or near the kitchen, where they are most likely to get used! If you prefer that they grow in your garden or you want the higher yield that a larger container may bring, feel free to transplant. We recommend waiting until the second week of June to transplant outdoors because most herbs are heat-loving. Whether your herbs stay indoors temporarily or permanently, you can harvest up to one- or two-thirds of the plant at a time for use in the kitchen.*

Spearmint is one of the most familiar mints. It adds a soothing, cooling flavor to tea. It also has a host of other uses, including sauces, jellies, meat dishes, salads, baked goods, and cocktails.

Lemon Balm livens up tea and is useful in cooking wherever lemon flavor is desired. As a member of the mint family, it (like spearmint) can take over a garden and is best grown in a container or otherwise confined.

Chamomile is known for its calming effects, making it good for either morning or evening tea. The leaves can be used, but some claim the flowers make a more flavorful tea.

NOTE: If you are pregnant or on medication, do some research on which herbs you can drink in tea. Most culinary herbs are fine, but better safe than sorry!

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