

FEVERFEW

TYPE:	Perennial
SUN:	Full Sun
HEIGHT:	2 ft.
GROWING IT:	Well drained to dry, stony soil.
PARTS USED:	Leaves.
HARVEST:	Leaves are packed as needed. Plant is cut when flowering.
OTHER:	A bitter tonic herb, leaves can be eaten fresh or dried. Used for relieving headaches and migraines, although bitter to eat.

TRY IT!

BASIC HERBAL TEAS AND BEVERAGES

Herbal teas are one of the easiest ways to enjoy herbs, as well as the benefits from their active ingredients. Calorie-free and without caffeine, drink the fragrant results hot or cold. The proportion is always three times as much volume of fresh herbs to dried herbs.

Some of the most common herbs uses for teas:

Peppermint	Rosemary
Apple Mint	Chamomile
Spearmint	Ginger Mint
Lemon Verbena	Orange Mint
Lemon Balm	Pineapple Mint
Thyme	Curly Mint
Feverfew	Lemon Mint
Grapefruit Mint	Pineapple Sage

Instructions:

Pour boiling water over fresh or dried herbs, then let infuse for 5 to 10 minutes (or use special tea infuser which hangs in your cup). You can sweeten with honey or try Stevia fresh or dried as a sugar substitute.