



8th July 2024

Grow your own herbal tea collection with British Garden Centres

Herbal teas are all the rage, and for good reason! They're refreshing, can boost your immunity, and help you unwind after a long day. But with so many options lining supermarket shelves, choosing the perfect blend can feel daunting. Here's a better idea: why not grow your own fragrant ingredients in your garden? The British Garden Centres team look into some of the most popular herbal tea flavours and plants available in your local store, showing you how to grow and infuse them yourself for a truly delightful cuppa!

Chamomile

This charming daisy-like plant isn't just a pretty face! Chamomile boasts calming properties, making its tea a delightful caffeine-free way to unwind. But the benefits extend beyond the cup. Chamomile thrives in warm, sunny spots, making it a beautiful addition to your garden. You can plant it in containers, borders, or even on a sunny windowsill, with planting flexibility throughout most of the year.

With a lovely apple scent – simply crush the flowers and steep them in hot water for a soothing cup of chamomile tea and the relaxation begin!

Jasmine

Jasmine isn't just a fragrant climber that graces your garden with beautiful white flowers in summer. Its delicate blooms hold the key to a delightful cup of tea! Renowned for its relaxation benefits, jasmine infuses green and white teas with a refreshingly aromatic flavour. To capture this essence, simply pick the fresh flowers and tear them gently to release their full fragrance. Add them directly to your pot or cup and steep for a calming and soothing tea experience.

Lavender

Beyond its vibrant purple, scented flowers that are loved by pollinators, lavender offers a calming cup on the side. Used for centuries for its anti-inflammatory and antiseptic properties, lavender tea is a natural ally against anxiety, migraines, insomnia, and even depression. Growing lavender is easy in the garden. These fast-growing plants thrive in well-drained soil with plenty of sunshine. To enjoy a cup of lavender tea, however, you'll want to use dried flowers from your plant so cut and store in a cool, dry place until dry. Then simply steep them in hot water for 5 minutes, strain, and savour the serenity and taste of a hot cuppa.



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Lemon Balm

Lemon balm isn't just a popular tea with a long history; it's also known to ease stress, and insomnia, and even potentially slow the onset of Alzheimer's disease. This member of the mint family is a fast-growing friend to any gardener, but its enthusiastic nature means it thrives best in a pot. Though adaptable to most soils and locations, lemon balm prefers a rich, moist compost.

Simply chop the leaves and let them release their zesty citrus oils. Add them to boiling water and steep for a refreshing cup of herbal tea, letting the calming and invigorating aroma work its magic.

Lemon verbena

Lemon verbena isn't just an ornamental plant with its vibrant foliage and intense lemon scent. This fragrant bloom boasts a treasure trove of benefits: uplifting essential oils that de-stress and relax, along with potential antiviral and antifungal properties. It's a popular digestive aid with a light, citrusy flavour that translates beautifully into a cup of tea.

Choose a pot at least 30cm wide with well-drained compost, and position it in full sun, but needs protection when the temperature dips. Luckily, you can harvest the leaves throughout the growing season. For an even more intense citrus punch, dry the leaves before steeping them in hot water for a truly delightful cup of sunshine.

Peppermint

Peppermint tea has always been a trusted companion, soothing upset stomachs and aiding digestion. But the benefits go beyond a comforting cup. Peppermint oil boasts potential antibacterial, antiviral, and anti-inflammatory properties, offering a natural boost to your immune system.

Peppermint is an easy grower in your garden but to keep it under control, we recommend planting it in a container. Moist, well-drained soil in sun or partial shade will keep your peppermint happy. Making a cup of tea is simple – just steep the fresh leaves in hot water. The resulting brew, with its refreshing taste, is no wonder it's one of the most popular herbal teas around.

“At British Garden Centres, we believe everyone should have a taste of the good life,” says **Julian Palphramand, Head of Plants at British Garden Centres.** “And that includes growing brewing your own cup of herbal tea! With a few simple plants from your local store and a little TLC, you can transform your garden into a haven of flavour and well-being.”



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ENDS:

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Notes to Editors: British Garden Centres (BGC) is the UK's largest family-owned garden centre group with 62 centres around the country. The group is owned and led by The Stubbs family, who also own and operate Woodthorpe Leisure Park in Lincolnshire.

BGC was launched in 1987 with the opening of Woodthorpe Garden Centre funded by brothers Charles and Robert Stubbs. Since 2018 it has expanded rapidly with the acquisition of 50 garden centres allowing it to grow from its heartland to the business it is now with 62 garden centres spread from Carmarthen to Ramsgate, Wimborne to East Durham.

The group has a team of 2,700 colleagues working across the garden centres, restaurants, 2 growing nurseries, 4 distribution centres and Woodthorpe Leisure Park and Woody's Restaurant & Bar.

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