

Tisanes

Class Length:

1 hour 15 minutes

Class size:

Up to 25 participants

Class location:

Learning Lab @ Farber Farm

Materials:

- Bowls
- Dried herbs
- Tongs
- Reusable compostable tea bags
- Pieces of paper
- Markers
- Hot water pot
- cups

Tisanes!

What is a tisane? A tisane is an herbal tea mix. Different herbs provide different remedies for certain ailments, and when we combine multiple herbs together, we get a power house of healing and soothing, or energizing, herbal beverages!

Different mixes will depend on herbs that are dried and available for tea mixing. Attached is a list of herbs that may be present and available for tisane making.

Instructions:

Have herbs available in bowls with tongs. After discussing the benefits of each herb, allow individuals to pick and choose which they would like to put into their tea bags. Give them strips of paper to make labels.

Have a pot of water and herbs steeping beforehand, or during, that folks can sip on while we discuss and learn.

Anise Hyssop- North America. Native Americans found many uses for this plant. They included it in their medicine bundles and burned it as incense for protection. Its uplifting fragrance was also used to treat depression. Anise Hyssop made into a poultice can be used to treat burns and in wound healing. As a wash for poison ivy it helped to reduce itching. Internally it was used to treat fevers, and diarrhea. It is antibacterial, anti-inflammatory, and very useful as an infusion for relieving congestion. As a medicinal herb it has soothing, expectorant and cough suppressant properties. A tea made from the leaves and flowers is sedating and relieves pain from coughing with chest colds. Used in combination with licorice it is especially effective for lung conditions such as bronchitis and respiratory tract infections.

Chamomile(German) - Germany. People use the flower head of the plant to make medicine.

German chamomile is used for intestinal gas, travel sickness, stuffy nose, hay fever, nervous diarrhea, attention deficit-hyperactivity disorder (ADHD), fibromyalgia, restlessness, and trouble sleeping. It is also used for digestive system disorders, stomach ulcers, colic, and menstrual cramps.

Some people apply German chamomile directly to the skin for hemorrhoids; breast soreness; leg ulcers; allergic skin irritation; and bacterial skin diseases, including those of the mouth and gums. It is also used on the skin for treating or preventing damage to the inside of the mouth caused by chemotherapy or radiation; and to treat skin breakdown around colostomy appliances.

A form of German chamomile that can be inhaled is used to treat inflammation (swelling) and irritation of the respiratory tract.

In foods and beverages, German chamomile is used as flavoring.

In manufacturing, German chamomile is used in cosmetics, soaps, and mouthwashes. Hair tint.

German chamomile contains chemicals that might seem to promote relaxation and reduce swelling (inflammation).

German chamomile might reduce swelling by slowing the production of chemicals called prostaglandins, leukotrienes, and histamines. These chemicals are usually released to create a swelling response in the body.

Roman Chamomile - Italy, The flowerheads are used to make medicine.

Roman chamomile is used for various digestive disorders including indigestion, nausea, vomiting, loss of appetite, and intestinal gas (flatulence) due to mental stress. Women use it for morning sickness and painful menstrual periods. It is also used for pain and swelling of the lining of the nose and mouth, sinus pain (sinusitis), and joint (rheumatic) disorders.

Roman chamomile is applied directly to the skin for pain and swelling (inflammation) and as a germ-killer in ointments, creams, and gels used to treat cracked nipples, sore gums, and irritation of the skin. It is also used topically for wounds, burns, eczema, frostbite, diaper rash, bedsores (decubitus ulcers), and hemorrhoids.

Roman chamomile is sometimes mixed with other herbs and taken by mouth for liver and gallbladder disease, gallstones, fatty liver, chronic heartburn, loss of appetite, digestive disturbances, a heart condition called Roemheld's syndrome, indigestion in infants, and certain types of constipation. It is used as a "blood purifier" and general female tonic; and to prevent menstrual cramps and irregular periods.

Some people put Roman chamomile in a steam bath and inhale it for [sinus](#) inflammation, hay fever, sore throat, and ear inflammation, and as a painkiller.

In foods and beverages, the essential oil and extract are used as flavor components.

In manufacturing, the volatile oil of Roman chamomile is used as a fragrance in soaps, cosmetics, and perfumes; and to flavor cigarette tobacco. The extract is also used in cosmetics and soaps. Teas have been used as a hair tint and conditioner, and to treat parasitic worm infections.

Roman chamomile contains chemicals that can help decrease gas (flatulence), relax muscles, and cause sedation. Depending on the dose, it can either relieve or cause nausea.

Lemon Verbena- South America, Lemon verbena is used for digestive disorders including indigestion, gas, colic, diarrhea, and constipation. It is also used for agitation, joint pain, trouble sleeping (insomnia), asthma, colds, fever, hemorrhoids, varicose veins, skin conditions, and chills.

In foods and manufacturing, lemon verbena is used as an ingredient in herbal teas, as a fragrance in perfumes, and as an ingredient in alcoholic beverages.

Lemon verbena contains a substance that might kill mites and bacteria.

Mint- Most mints are native to Europe and Asia, although there are some which are indigenous to the Americas and Australia. Many think that the colonists introduced mint to the USA however there is evidence that Native American Indians were using a form of mint well before their arrival. Mint has been an important herb since the early starts of civilization. Romans are responsible for carrying the herb throughout Europe. Peppermint is a plant. The leaf and oil are used as medicine.

Peppermint is used for the common cold, cough, inflammation of the mouth and throat, sinus infections, and respiratory infections. It is also used for digestive problems including heartburn, nausea, vomiting, morning sickness, irritable bowel syndrome (IBS), cramps of the upper gastrointestinal (GI) tract and bile ducts, upset stomach, diarrhea, bacterial overgrowth of the small intestine, and gas.

Some people also use peppermint for menstrual problems, liver and gallbladder complaints, preventing spasms during endoscopy procedures, and as a stimulant.

Peppermint- oil is applied to the skin for headache, muscle pain, nerve pain, toothache, inflammation of the mouth, joint conditions, itchiness, allergic rash, bacterial and viral infections, relaxing the colon during barium enemas, and for repelling mosquitoes.

Some people inhale peppermint oil for treating symptoms of cough and colds, and as a painkiller.

In foods and beverages, peppermint is a common flavoring agent.

In manufacturing, peppermint oil is used as a fragrance in soaps and cosmetics, and as a flavoring agent in pharmaceuticals.

Spearmint- The leaves and oil are used to make medicine.

Spearmint is used for digestive disorders including gas, indigestion, nausea, diarrhea, upper gastrointestinal tract spasms, irritable bowel syndrome (IBS), bile duct and gallbladder swelling (inflammation), and gallstones.

It is also used for sore throat, colds, headaches, toothaches, cramps, cancer and inflammation of respiratory tract. Some people use it as a stimulant, germ-killer, local pain-killer, and anti-spasm medication.

Spearmint is applied directly to the skin for swelling inside the mouth, arthritis, local muscle and nerve pain, and skin conditions including pruritus and urticaria.

In foods and beverages, spearmint is used as a flavoring agent.

In spearmint is used in health food products, cosmetics, and oral hygiene products such as mouthwash and toothpaste. The oil in spearmint is thought to calm the stomach.

In 1990, the FDA banned the sale of peppermint oil as an over-the-counter drug for use as a digestive aid because its effectiveness had not been proven. Today, peppermint is sold as a dietary supplement. Unlike over-the-counter medications, dietary supplements do not have to be proven effective to the satisfaction of the FDA in order to be marketed. Also, unlike over-the-counter medications, dietary supplements are not allowed to claim that they prevent or treat illness.

Peppermint oil seems to reduce spasms in the digestive tract. When applied to the skin, it can cause surface warmth, which relieves pain beneath the skin.

Pineapple Sage- Mexico. Visited by Humming birds. The leaves and flowers are edible. The plant is extensively used in Mexican traditional medicine, especially for the treatment of anxiety, and also for lowering of blood pressure. Although scientific information about these medicinal properties is scarce, a preliminary study on mice found support for the plant potentially having antidepressant and anti-anxiety properties. Pineapple sage has also been shown to have a dose-dependent antihypertensive effect, attributed to its action as an angiotensin II receptor antagonist and inhibitor of the angiotensin converting enzyme.

Stevia- South America. Sweetener. The stevia leaves contain potassium, zinc, magnesium and vitamin B3. Fiber, Iron. Health benefiting plant-derived phyto-chemical compounds that help control blood sugar, cholesterol, blood pressure.

Rosemary

Lemon Balm

Lemon Thyme

Oregano

Thyme

Tulsi Basil

Calendula

Sage

Skullcap