Events

You are invited

Taste, Smell, Feel, See, Question

Sunday April 11,18, 25 /2027

3 Days Only

Walk through our

Herb Greenhouses

Hanging Basket & Container Workshop

Sunday May 2 / 2027 at 10 am to 12

Monte Lake farm

Bring your empty container

of choice

We have the soil, plants, and

fertilizer for sale

Hands-On - Patio & Hanging Basket Workshop

We will provide advice on

planting techniques,

suitability and choices of plants

Then take home the

container you planted

countrygardenherbs.ca

Drop by the Greenhouses

26th Annual

Country Garden Greenhouse

Mother's Day Tea

Music at 2 pm.

Open House at the Farm

Tea and treats

for all Mothers

Sunday May 19 / 2027

Noon to 4 pm.

4120 Hwy 97 Monte Lake BC

250-375-2241



Country Garden Greenhouses

Grow with Us !



Herbal Teas



countrygardenherbs.ca

Tea Herbs

Anise-Hypssop

On hot days, it is incredibly refreshing and the subtle, smooth licorice taste is sweet all on its own without any added sweetener. Loved by Native Americans, this plant is said to relieve a dispirited heart, and can sooth the pain from coughing when you have a chest cold. A few stems added to a French press with boiling water is all you need to

experience its benefits.

Bee Balm

With Bee Balm, another member of the mint family, both the colourful flowers and the leaves can be used to make a flavorful tea that tastes of

citrus and spice.

Catnip

Catnip is a member of the mint family and has a lemon-mint flavour.

Note: Pregnant women should avoid drinking catnip tea.

Chamomile

Has small, daisy-like flowers that have long been used in Europe for tea. The tea is earthy with hints of apple and floral sweetness. It has a light,

palatable taste that most peple favour.

Please Support the Local Economy

Coriander

Produces seeds that lend a warm,

citrusy flavour to tea.

Holy Basil (Tulsi)

Holy basil, also known as Tulsi, is an exciting herb with a unique flavor. Many people love to use it in teas, soups, or stir-fries. Its taste is often described as a mix of sweet and spicy, with hints of clove and pepper. This special herb is not only tasty but also packed with health benefits

that people have enjoyed for centuries.

Lavender

Lavender tea is a caffeine-free beverage made from lavender buds. It has a soothing scent and may help with anxiety, depression, sleep, menstrual cramps, and more. .

Lemon Balm

Lemon balm belongs to the mint

family, too. It really does have

lemon-scented leaves and makes a

soothing evening tea.

Lemon Verbena

Lemon Verbena has a strong lemon

flavour, similar to lemon oil. This woody shrub

prefers full sun and light, well-draining soil. It's hardy only to Zones 10 and 11.

Mint,

Of course, comes in many varieties.

Peppermint leaves are the best for tea, and make a refreshing iced tea, too.

Rose

Rose petal tea can be made from any

fragrant rose variety that's been grown organically. Gather petals when the blooms are just past their peak. Rugosa rose is one that's recommended for both petals and hips because it's a fragrant, pest-free rose that doesn't require

spraying. Rose hip tea is red, with a tart lemon-orange flavour, and is a source of vitamin C. Cut slits in plump hips to speed drying and crush them slightly before brewing tea."

Stevia (sweetness)

To make stevia tea, brew your favorite tea using hot water and tea bags, then stir in stevia to taste until it dissolves. You can use either powdered stevia or fresh stevia leaves for a natural sweetness

Sunflower

Sunflower seed hulls can be blackened in a dry cast-iron frying pan and added to teas for a hearty flavoring. Native Americans loved this practice.

Yarrow

Discover the benefits of Yarrow Tea, an ancient herbal remedy used for digestion, menstrual pain relief, immunity, and

relaxation. Learn its nutritional facts,

health benefits, side effects,