

Country Garden Greenhouse

How to Dry Herbs for Tea

Drying herbs for tea, or culinary use, is fast and easy. Harvest on dry days, preferably in the morning after the dew has evaporated but before the sun is strong, or pick at dusk. Rinse and pat dry, if desired.

While herb bundles hanging upside down look pretty, this process can be messy and the herbs may attract dust or bugs. Instead, strip the herbs from their stems—which hold residual water—and dry them flat, preferably on a mesh screen or tray.

Sprinkle the herbs no more than two or three layers thick on the screen. Store away from direct heat and light (room temperature is fine), and fluff them occasionally until they crumble when crushed; leathery, pliable leaves are not dry enough to store.

Use one large handful of fresh herbs per four- to six-cup (one- to 1.5-litre) teapot. When making tea with dried herbs, use one tablespoon (15 mL) per mug. These are simply guidelines, though, so amounts will vary according to personal taste, just as the strength of the herbs will vary according to their growing conditions.

Avoid making herbal tea in a metal pot, which is reactive and could affect the taste; choose ceramic or glass instead. Glass Pots make it easier to gauge when the tea is ready.