

# Herbal Scent Tea Party



Try inviting relatives for this activity; it is an enjoyable occasion.

**IMPORTANT:** Make sure participants do not have an existing allergy condition that could be aggravated with herbal tea (consult with senior nurse or other health professional). If in doubt, let them savour the aroma of the plants but offer ordinary tea to drink.

## What you need:

- Buy 6 small pots of different herbs from supermarkets or Fruit & Vegetable stands e.g. peppermint, basil, cilantro, parsley, lemon balm, dill, rosemary.
- Buy the same herbs above in dried form (to brew as tea)
- Your best china tea set. Make it a special occasion.

## What you do:

- Invite relatives and volunteers. You may ask them to bring a plate 'to share' or ask your Chef to make some scones.
- Arrange a table with a beautiful table cloth, the tea pot and china cups.
- Wrap herb pots in foil for easy handling and place in the centre of the table.
- Sit participants around the table and pass herb pots around for their perusal.
- Give participants clues to guess the name of each herb; accompanies these foods, used as a remedy for, etc.
- Encourage them to reminisce about herbs they used for cooking, ailments and drinking.
- Give them some hints such as: How about pizza, what herb can we use? What herb is usually used in roast lamb?
- Make a couple of herbal teas from dried herbs.
- As a rule of thumb use 1 level teaspoon of dry herbs for every cup of boiling water.
- Leave to brew for 3 or 4 minutes and pour. Sweeten with honey if desired.

- Serve with homemade biscuits. Read them some trivia about herbs.

## TRIVIA

### Useful information for Herbal Scent Recognition

- **Dill** – Added to bread, salads and soups for a tastier flavour. It can be mixed with sour cream or yogurt for baked potatoes or winter soups. In some parts of the world it is often given to babies as gripe water.
- **Lemon Balm** – It makes a good accompaniment to fish and chicken dishes. It is also added to vinegar and oil to impart a delicious scent and flavour. It may reduce stress and calm the mind.
- **Peppermint** – It livens up pineapple juice and adds freshness to desserts. It is said that it reduces nausea and headaches.
- **Basil** – Used in Italian pasta sauces. It can be added to pizzas and fresh salads. Some people believe it can soothe intestinal colic.
- **Cilantro or Coriander** – Used extensively in Asian dishes, salads, fish, chicken dishes. It is sometimes called the Wonder herb, and also known as Chinese parsley. Cilantro was found in the Egyptians tombs where people associated the herb with powers of immortality.
- **Parsley** – It is widely used in cooking in the U.S., Europe and Australia as a garnish as well as mixed in salads and casseroles. It is the main ingredient of a famous western Asian salad called 'Tabouleh.'