

**Bite
Size**

Make Your Own Tea Bags



Charity N°. SC037988



- You will need:**
Sewing kit/sewing machine
Scissors
Pencil and ruler
Coffee filters
Cotton string
Stapler
Dried herbs: **Peppermint**
 Lemon balm
 Bronze fennel



Cut your coffee filter to a 7cm x 5cm rectangle. Sew 3 sides as shown in straight stitch: machine number 4 or backing stitch if sewing by hand.



Half fill your bag with dried herbs and finish sewing up the bag.



Cut a 10cm length of cotton string and tie a knot in each end. Fold the 2 corners of the short edge of the bag in and staple the knotted string to secure.



Staple a little tag on the other end of the string, place in a cup and add boiling water. Brew for 2-4 mins and enjoy.

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Drying Herbs

- Harvest herbs before they've had a chance to flower.
- Choose a sunny day and wait till the dew has lifted from the leaves.
- Cut a length of string approximately 40cm long.
- Taking a hold of the plant and using a scissors or secateurs cut as close to the ground as you can.
- Give the leaves a shake and tie the stalks up with the string.
- Tie a label on naming the herb and the date.
- Hang the bunches in a dry, airy room use a string line and pegs to secure them.
- Check the herbs daily to make sure they are drying well.
- When the leaves crunch when you touch them they are ready to store.
- You can store them in old, clean and dry spice jars or use paper bags.
- Take the leaves off the stalks and discard the stalks, label the jar or bag and store in a dry dark cupboard.
- Use the herbs for teas or cooking to flavour to your food.



Hang up a string line and peg your herbs up.



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