



Wild harvests

www.forestharvest.org.uk

Woodland teas

There are many herb teas on the market, some of them made from native plants that you're likely to find in woodlands. People value them as an alternative to caffeine-bearing tea and coffee and for their health benefits.

If you buy tea-bagged herb teas from a health food shop, you can practically guarantee that the herbs will have come from overseas. An alternative is to make the connection with your local woodlands, and gather what you find – provided you have the knowledge to know which plants are good to use!

Some of these teas were gathered from a wholefood shop in Edinburgh; the more vibrant loose-leaf ones were gathered wild from the Borders. You're welcome to try any of them!