

# Tansy Lane Herb Farm Newsletter

## March 2006

### Welcome

The sun peeked over the hills a little earlier this morning. The cats, Spooky and Chelsea, peered curiously at the chickadees pecking at the suet feeder. They are longing for the lazy days when they can roll on the grass in the warm sun. They don't know that the catnip is ready for transplanting but Spooky will be a willing assistant at that time. She loves to lie on the table in the growing house under the lights and listen to CBC. The growing house smells like the warm earth in summer and the promise of spring lies in each tray of seeds . What a miracle it is to touch the tiniest of seeds to the warm earth and watch the transformation . Let the miracles begin !!

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### Teas

New Brunswickers are known for their love of King Cole Tea. Many have watched with interest as the evidence mounted on the benefits of drinking tea. Tea leaves come from the plant *cammelia sinensis*. There are places where it has been discovered wild but the Chinese started planting it around 300 AD.

**White tea** is the least processed type of tea. It is steamed then gently dried; once dried it is pale and very delicate in taste. There is no caffeine and the same level of antioxidants as green tea. Research is

being done into its health benefits, particularly the possible prevention of colon cancer. It is a relatively unknown tea that is likely to gain in popularity as we come to understand exactly how teas work in our bodies.

**Green teas** have the next lowest level of oxidation. They have become very popular as we have been made aware of antioxidants and what they do.

Antioxidants neutralize molecules called free radicals, which damage cells and tissues over time and are thus responsible for the aging process as well as chronic diseases such as cancer. A cup of green tea has as much potency as a cup of blueberries.

**Oolong Teas** After the fourteenth century leaves were oxidized in humid air which turns them red then applied with heat. The oxidation process is actually fermentation. (it just sounds better)

**Black Tea** Our good old King Cole Tea is a blend of black teas that have been fermented the most.

Only leaves from the plant *cammelia sinensis* can strictly be called teas. Other drinks that we usually refer to as herbal teas are actually herbal tisanes .

We find that a growing number of people needing or wanting to cut back on caffeine are delighted to find the joys of Rooibos "tea". Rooibos is harvested from *Aspalanthus Linearis*, a red bush growing in South Africa. It is low in tannins and has no caffeine. It has a lovely fruity taste and also makes an excellent iced tea. Having grown up in a home where King Cole tea was steeped on the back of the

woodstove all day, I was unfamiliar with any other kinds. When customers started asking me if I was going to blend teas I thought I should take another look at them. So the tea garden was planted and the first lemon balm and bergamot were harvested. I was astounded by the intense flavour that came from the blossoms and leaves even as they lay in the drying house. Then, as usual, the imagination kicked in and there are 13 kinds of tea. Black, green, oolong and white teas from around the world are purchased to use as a base for and original blend or herbs and edible flowers are grown and blended. These are the teas we have at our shop and at the Dieppe market. Originally sold in bulk, each tea will soon be available in individual tea bags. Each week we have a couple of teas to sample at the market.

### **Teas Without Caffeine**

**Chamomile** – organic chamomile flowers- just the smell will make you sleepy

**Kicked Back Evening** – organic chamomile flowers and organic lemon balm – wonderful in the evening with our lavender honey

**Lavender Blue Balm** – lavender, lemon balm, rosemary, mint – great health benefits with a refreshing taste

**Apple Mint** – unbelievably good – freshly harvested and naturally dried leaves from the Apple Mint plant make a soothing yet refreshing taste

**Rooibos** – this caffeine free tea is imported from South Africa. Many are replacing coffee and green tea with this fruity alternative loaded with anti-oxidants

**Rooibos Anise** – Rooibos tea blended with freshly ground star anise, for licorice lovers

**Rooibos Chai** – Rooibos blended with all the chai spices. No caffeine, great chai taste and all the anti-oxidants. Who could ask for more !

**100 Monkeys White Tea** – a mild tea preferred by those who find that green tea is a little bitter

**Cold and Flu** – rosehips and anise-hyssop, I have experienced its soothing properties first hand.

### **Teas with Caffeine**

**Bees a' Buzzin'**- black teas blended with our naturally dried lemon balm

**Earl of Bees** – black teas blended with our naturally dried organically grown bergamot a great breakfast tea.

**Jasmine Green Tea** – for the green tea enthusiasts, the scent of organic jasmine blossoms and organic green tea.

### **What's New**

Our shop has been moved into our 1870's farmhouse. This will be great news for those who did not love the climb up the hill. From spring to fall visitors can now sit on the verandah and enjoy a cup of hot herbal tea or lemonade. We have also made a walk from the driveway to the verandah and a new parking area.

There will continue to be work done on the large design gardens in the fields but additional ones are being added to the area around the shop.

At this time of year you can find us at the Dieppe Farmers' Market on Saturdays from 7am. to 1:30 pm. With limited space it is difficult to choose what to offer there. At present we have jams, jellies, herbal vinegars, herbal oils, teas, dried herbs, herbal spice blends and a small selection of bath products. If you haven't been to our market yet come for a fantastic breakfast at Rosie's Bistro upstairs where they serve our jams. On you visit you can buy fresh eggs, breads, meats, baked goods, vegetables, specialty cheeses and everything from soup to nuts (literally).

## Upcoming Courses

For those who have been asking ----  
Yes, there are going to be courses this year. In the past they have been at N.B.C.C. but this year they will be at our farm. This will give the opportunity to see the herbs in the gardens , growing / drying house and greenhouse.

This is our first experience with a greenhouse so there will be a lot of learning and mistakes.

We are planning some exciting events for the season . These will be mentioned in newsletters to follow.

### ***Growing Herbs For Cooking***

***Sunday, April 23 2-4 pm.***

***Cost \$10***

- You will learn to grow your own herbs for cooking. You will know which ones you can plant directly from seed in the ground and which ones are best bought from plants.
- Handouts with valuable information on growing will be given to everyone.
- You will get to sample herbal treats and teas and get an idea of all the great ways to use the herbs you will grow.
- Please register by *Monday, April 17* by sending a cheque for \$10 and the following information to

Carole Coleman  
Tansy Lane Herb Farm  
490 Albert Mines Rd.  
Albert Mines, N.B. E4H1S5

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## Questionnaire

Enclosed for those who receive this in the mail is a questionnaire and an addressed envelope.

For those who receive this by email it would be appreciated if you would take a few minutes to complete the questionnaire and send it back to us.

With the cost of mailing we need to know

- that it is getting to the right person
- that it has the kind of information you are looking for
- if you still have a need for the newsletter
- other products and services we should be offering to meet your needs.

Your time in sending us this information is greatly appreciated.

Name :

Address:

Phone:

email:

## Questionnaire

1. Have you visited our shop? Yes\_\_\_\_ no\_\_\_\_
2. Did you tour our gardens? Yes \_\_\_\_ no\_\_\_\_
3. Did you visit our booth at the Barker St. market? Yes\_\_ no\_\_
4. Have you visited our booth at the Dieppe market? Yes\_\_ no\_\_
5. I have purchased personal care items \_\_\_\_ food items \_\_\_\_
6. I have attended a Fall Harvest Festival yes\_\_\_\_ no\_\_\_\_
7. I would like to receive a newsletter : monthly \_\_\_\_  
every other month\_\_\_\_ quarterly \_\_\_\_\_
8. Columns of interest to me in the newsletter : Your Gardens \_\_  
Product Information \_\_ Upcoming events \_\_ Featured herb \_\_  
other \_\_\_\_\_
8. Column I would like to see added to the newsletter \_\_\_\_\_

Other comments are welcome :

The mailing information I have may not be correct. I don't want to be continually spelling your name or address incorrectly so please take a minute to give me the right information (please print)

This information will not be shared with anyone else.

If you can receive the newsletter by email it will save on mailing costs.

Email address:

Name: \_\_\_\_\_

Address (include postal code) \_\_\_\_\_

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