

The tea blending pyramid

This is a handy chart to help you get started blending your own teas, and accompanies my tea blending videos.



**Roots,
seeds &
fruits**

Rose	Citrus fruit peel	Oregano
Ginger	Turmeric	Juniper
Pepper	Bay	Rosehip
Cardomum	Cinnamon	Wood betony
Caraway	Nutmeg	Skullcap
Star anise	Elder berry	Basil

**Catalyst
herbs**
1/4 - 1 part

**Flowers &
leaves**

Marshmallow leaf	Lavender	Red clover	Lady's mantle
Rosemary	Primrose	Corn silk	Self heal
Plantain	Eyebright	Feverfew	Vervain
Thyme	Dandelion leaf	Ground ivy	Yarrow
Sage	Elderflower	Herb robert	Shepherd's purse
Lime flower/linden	Hawthorn leaf/flower	Honeysuckle	Mullein

**Secondary/
supporting
herbs**
1-2 parts

**Flowers &
leaves**

Nettle	Peppermint	Raspberry leaf
Oats/oatstraw	Garden mint	Apple
Cleavers	Meadowsweet	Lemon balm
Chamomile	Calendula	

Foundation herbs

3 parts