

# Healing Herbal Teas Learn To Blend 101 Specially Formulated Teas For Stress Management Common Ailments Seasonal Health And Immune Support

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extracted

## **HARVEST Lesson Plan LESSONS**

herbal teas include: mint, chamomile, lemon balm, lavender, and tulsi Bring paper for labels, ziplock bags, and loose leaves of the teas for children to make their own tea blends, (see instructions for making your own cloth tea bags)

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