



Teas by Season

Here's a guide to teas you can grow with us. These are popular options to get started, but you're not limited — other varieties can be added! Each tea includes growth time, benefits, and difficulty, and we take care of managing your plot for you.

Items not limited to what's shown here.

Spring:

Chamomile

- Growth Time: 60–90 days
- Benefits: Promotes relaxation, aids sleep, supports digestion
- Difficulty: Easy

Peppermint

- Growth Time: 70–90 days
- Benefits: Aids digestion, relieves headaches, supports respiratory health
- Difficulty: Easy

Spearmint

- Growth Time: 70–90 days
- Benefits: Supports digestion, freshens breath, has calming effects
- Difficulty: Easy

Lemon Balm

- Growth Time: 80–100 days
- Benefits: Reduces stress and anxiety, aids digestion, improves sleep
- Difficulty: Moderate

Rooibos

- Growth Time: 120–150 days (if climate allows)
- Benefits: Rich in antioxidants, supports heart health, caffeine-free

- Difficulty: Moderate

Jasmine

- Growth Time: 90–120 days
- Benefits: Reduces stress, supports relaxation, antioxidant properties
- Difficulty: Moderate

Hibiscus

- Growth Time: 90–120 days
- Benefits: Supports heart health, rich in vitamin C, helps regulate blood pressure
- Difficulty: Moderate

Lavender

- Growth Time: 80–120 days
- Benefits: Promotes relaxation, supports sleep, aromatic
- Difficulty: Moderate

Fennel Tea

- Growth Time: 70–90 days
- Benefits: Aids digestion, reduces bloating, supports hormonal balance
- Difficulty: Easy

Lemongrass

- Growth Time: 80–100 days
- Benefits: Supports digestion, antimicrobial, reduces stress
- Difficulty: Moderate

Dandelion Root

- Growth Time: 60–90 days
- Benefits: Supports liver function, detoxification, digestion aid
- Difficulty: Easy

Elderflower

- Growth Time: 90–120 days
- Benefits: Boosts immunity, reduces inflammation, supports respiratory health
- Difficulty: Moderate

 **Summer:**

Peppermint

- Growth Time: 70–90 days
- Benefits: Aids digestion, relieves headaches, supports respiratory health
- Difficulty: Easy

Spearmint

- Growth Time: 70–90 days
- Benefits: Supports digestion, freshens breath, calming effects
- Difficulty: Easy

Lemon Verbena

- Growth Time: 80–100 days
- Benefits: Reduces stress, aids digestion, supports relaxation
- Difficulty: Moderate

Hibiscus

- Growth Time: 90–120 days
- Benefits: Rich in vitamin C, supports heart health, regulates blood pressure
- Difficulty: Moderate

Rooibos

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Rich in antioxidants, caffeine-free, supports heart health
- Difficulty: Moderate

Green Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Rich in antioxidants, supports metabolism, improves focus
- Difficulty: Moderate

Jasmine Tea

- Growth Time: 90–120 days
- Benefits: Reduces stress, antioxidant-rich, supports relaxation
- Difficulty: Moderate

Lemongrass

- Growth Time: 80–100 days
- Benefits: Aids digestion, antimicrobial, reduces stress
- Difficulty: Moderate

Chamomile

- Growth Time: 60–90 days
- Benefits: Promotes relaxation, supports sleep, aids digestion
- Difficulty: Easy

Linden Flower

- Growth Time: 90–120 days
- Benefits: Calms nerves, supports digestion, reduces inflammation
- Difficulty: Moderate

Rosehip

- Growth Time: 80–120 days
- Benefits: High in vitamin C, antioxidant-rich, supports immunity
- Difficulty: Moderate

Yerba Mate

- Growth Time: 120–150 days (climate-dependent)
 - Benefits: Boosts energy, antioxidant-rich, supports mental clarity
 - Difficulty: Moderate
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Fall:

Cinnamon Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Supports blood sugar regulation, antioxidant-rich, anti-inflammatory
- Difficulty: Moderate

Ginger Tea

- Growth Time: 90–120 days
- Benefits: Aids digestion, reduces nausea, anti-inflammatory
- Difficulty: Moderate

Chamomile

- Growth Time: 60–90 days
- Benefits: Promotes relaxation, supports sleep, aids digestion
- Difficulty: Easy

Rooibos

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Rich in antioxidants, caffeine-free, supports heart health
- Difficulty: Moderate

Green Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Rich in antioxidants, supports metabolism, improves focus
- Difficulty: Moderate

Black Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Supports heart health, boosts alertness, antioxidant-rich
- Difficulty: Moderate

Peppermint

- Growth Time: 70–90 days
- Benefits: Aids digestion, relieves headaches, supports respiratory health
- Difficulty: Easy

Hibiscus

- Growth Time: 90–120 days
- Benefits: Rich in vitamin C, supports heart health, regulates blood pressure
- Difficulty: Moderate

Clove Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Antimicrobial, antioxidant-rich, supports oral health
- Difficulty: Moderate

Cardamom Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Aids digestion, anti-inflammatory, supports metabolism
- Difficulty: Moderate

Fennel Tea

- Growth Time: 80–100 days
- Benefits: Aids digestion, reduces bloating, supports lactation
- Difficulty: Moderate

Lemon Balm

- Growth Time: 80–100 days
- Benefits: Reduces stress, supports sleep, antioxidant-rich
- Difficulty: Moderate

Winter:

Ginger Tea

- Growth Time: 90–120 days
- Benefits: Aids digestion, reduces nausea, anti-inflammatory
- Difficulty: Moderate

Cinnamon Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Supports blood sugar regulation, antioxidant-rich, anti-inflammatory
- Difficulty: Moderate

Clove Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Antimicrobial, antioxidant-rich, supports oral health
- Difficulty: Moderate

Black Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Supports heart health, boosts alertness, antioxidant-rich
- Difficulty: Moderate

Green Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Rich in antioxidants, supports metabolism, improves focus
- Difficulty: Moderate

Peppermint

- Growth Time: 70–90 days
- Benefits: Aids digestion, relieves headaches, supports respiratory health
- Difficulty: Easy

Rooibos

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Rich in antioxidants, caffeine-free, supports heart health
- Difficulty: Moderate

Chamomile

- Growth Time: 60–90 days
- Benefits: Promotes relaxation, supports sleep, aids digestion
- Difficulty: Easy

Cardamom Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Aids digestion, anti-inflammatory, supports metabolism
- Difficulty: Moderate

Licorice Root Tea

- Growth Time: 120–150 days
- Benefits: Supports digestion, soothes sore throat, antioxidant-rich
- Difficulty: Moderate

Turmeric Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Anti-inflammatory, supports joint health, antioxidant-rich
- Difficulty: Moderate

Elderberry Tea

- Growth Time: 120–150 days (climate-dependent)
- Benefits: Boosts immunity, antioxidant-rich, supports respiratory health
- Difficulty: Moderate