## ORGANIC LIVING By

### Robert Rodale

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Take A Break With Herbal Tea

Attention, coffee drinkers! If you're looking for an excuse to unhook yourself from the caffeine wagon, herbal teas are worth discovering.

There are herbal teas to suit almost anyone's palate. Whether your taste runs to the delicate, subtle tang of peppermint tea or to the rich, robust flavor in a blend of several hearty herbs, all you have to do is find out what suits you best. You'll find yourself turning away from the more mundane, caffeine-laden drinks that people ingest by the gallon.

Besides being more pleasant-tasting than coffee or regular tea, herb teas provide an extra benefit. They're also good for you.

Herbal teas are sometimes called tisanes, which, according to the dictionary definition, means a "nourishing beverage, often having a light medicinal quality." The shelves of health food stores-and even some of the supermarkets today-are filled with an amazing number of herbal tea varieties. You can buy several different kinds and learn to enjoy each of the subtle differences they contain. Or you can try growing the herbs in a small garden or apartment windowbox. Herbs are potent in flavor. And they don't need a lot of room in which to grow.

Consider the vast variety available. There are the fragrant mints - spearmint, peppermint, applemint, pineapple mint and catnip.

Then there's piney rosemary, redolent lavender, spicy thyme, sage, camomile blossoms and costmary. Most of these ingredients went into grandmother's basket to be hung in the attic until crisp. Then they were bottled in airtight jars until used, which was often during the icy winter when they brought remembrances of warm summer.

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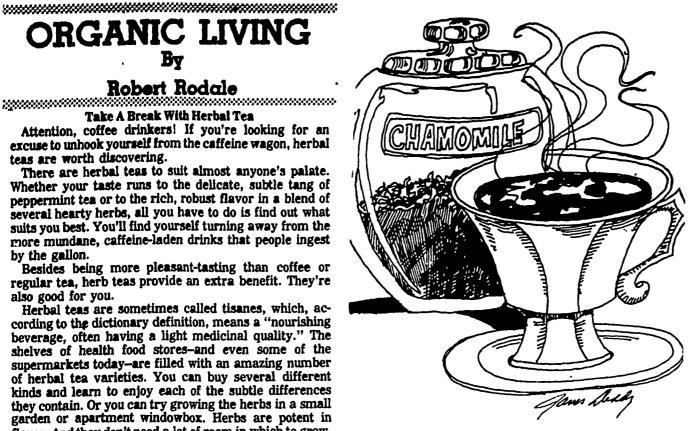
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After a heavy Thanksgiving day meal, for example, grandmother might have served hot mint tea with lemon slices to aid the digestion. Or, if a cold was on the way, wintergreen leaves were brewed in an attempt to head it

Another heady tisane consists of equal parts of

## Fall Livestock Shows

.The fall months - September, October and November – are the really big months for livestock activity at the Commonwealth's huge Farm Show complex at Cameron and Maclay Streets.

The season begins with the first of two standardbred (harness) horse sales following Labor Day and continues with the Pennsylvania All-American Dairy Show, the National Troting Pony Association Sale, the Pennsylvania National Horse Show late in October, and the second standardbred sale early in November. Then comes the really big show, the 18th Keystone International Livestock Exposition, November 10-15, with nearly 4,000 head of beef cattle, swine, sheep and horses entered in competition.

More than half the states in the union will be represented among the exhibitors and in previous years there have also been prize livestock from Canada and Mexico. They'll be competing for premiums that run well in excess of

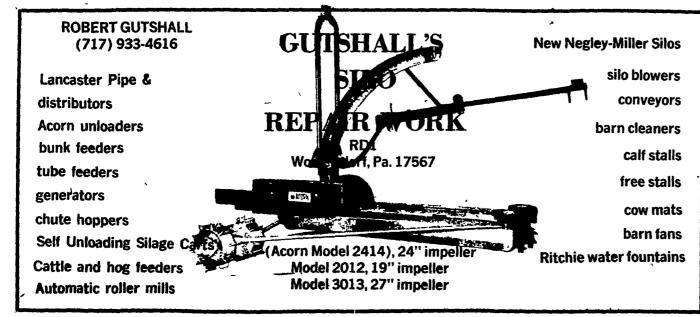
The opening day, Sunday, November 10, features only limited judging activities but all the animals will be in their stalls and pens. The sponsors of the exposition, the Pennsylvania Livestock and Allied Industries Association in cooperation with the Pennsylvania Department of Agriculture, have designated this eay as "Family Day" and invite everyone to the Farm Show. For this - and all events at the Keystone International there is no admission charge and plenty of free parking.

Throughout the balance of the week, judging will be going on simultaneously for four separate species. Horses and beef cattle classes will each take a half of the huge Main Arena. Swine classes will be in the Small Arena and sheep judging will take place in a specially constructed corral in the main exhibition hall.

Evening events are limited to horses with three consecutive nights of open horse shows: Quarter horses on Sunday, Arabians on Monday and Appaloosas on Tuesday. Thursday and Friday will bring hundreds of district qualifiers to the Pennsylvania State 4-H Horse Show.

## Automobile Service Tips





rosemary, sage, thyme and Camomile flowers. Mix a single teaspoon of this mixture into a cup of boiling water, drink it as warm as you can stand it and you'll find yourself refreshed and clearheaded.

Commercial herbal teas are becoming so popular these days that there may be some scarcity in upcoming months, says Mo Siegel, the head of Celestial Seasonings, Inc., of Boulder, Colorado.

"The problem is that people can't make any money

harvesting it," he said.
"Right now we're trying to develop ways for farmers to easily harvest red raspberry or strawberry leaves.

"Think of how many leaves it takes to make a cup or pound or ton of herbal tea and you'll realize the problem we face. If these problems are not solved and solved

quickly, there are going to be real shortages."

Already many enthusiasts are supplementing storebought varieties with herbs they pick themselves. But no matter which you use, there are several points to remember about brewing herbal tea. The first, of course, is to always use properly prepared herbs and spices.

Always use an earthenware or ceramic teapot. Metals seem to do something drastic to the flavor. Before starting, make sure the teapot is clean. Swish it out with

Finally, infuse your herb tea between 10 and 15 minutes before serving to insure full flavor. Too short a time results in a weak brew that doesn't give the impact herbal teas should have.

I started drinking coffee when I went to college, at about the age of 18. For over 20 years, I drank three to five cups each and every day. Several years ago, I turned to herbal teas for pleasure. Since then I've found myself relaxed and able to work just as efficiently without depending

Invest in good herbal tea the next time you go shopping. Or, put a corner of your garden in herbs next growing season. You'll get hooked-not on caffeine but on taste.

(Editor's Note: The opinions appearing in "Organic Living" are those of its author, Robert Rodale, an independent columnist. Rodale's comments do not necessarily reflect the thinking of the Lancaster Farming editor or anyone else on the Lancaster Farming staff.)



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