

Wild Tea Party

(Red Clover Tea)

All Ages

A summer tea party just begs to be outdoors. Our Wild Tea Party activity lends itself to a rest stop on a day hike or the focus of the entire outing. The tea is simple to make. The service, however, can be as elaborate as you wish!

There are many edible plants out there. It is very important to correctly identify plants when wild foraging. Red clover is an easily recognized, common plant and safe for making tea.

(See **Safety Note** below)

Red clover is often found in open grassy areas or along roadsides. As a member of the legume (beans and peas) family, red clover is edible. The leaves can be added to a salad, but it's the flower head that is the tastiest. The magenta-colored heads contain many smaller flowers full of delicious nectar. For a sweet treat, try pulling a few of the little flowers out and sucking the nectar from the white ends. The flowers look great whole or shredded in a salad. They can also be steeped in hot water to make a refreshing tea.



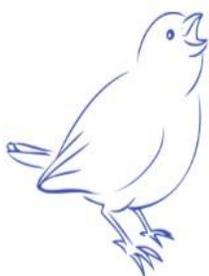
Supplies:

- * Heat-proof cup for each person or bring out a teapot with cups and saucers
- * Water for rinsing flowers
- * Thermos of hot water
- * Drop of honey to sweeten tea—optional
- * Fruit, cheese, cookies, scones, fancy tea cakes—optional

Process:

1. Gather red clover flower heads. Pick enough to half fill your teacup or teapot.
2. Rinse flowers, shake off excess water.
3. Let an adult pour the hot water over blossoms while the children supervise.
4. Let the tea steep for 4 or 5 mins (upto 10 for a whole pot) while you set out your tea party or just watch clouds drift by and wonder why flowers have nectar?
5. Enjoy a cup of wild tea! Stir in a drop of honey if you wish.

Safety Note— Recognized as safe, red clover should be avoided by anyone breastfeeding, pregnant, take hormone replacement therapy, or with a bleeding disorder, because it does have minor estrogenic (hormone) properties.



According to folklore, finding a four-leaf clover gives you the ability to see the fairy folk! Perhaps a cup of clover tea would entice them to join your tea party!

