

# Universal tea



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# Universal Tea

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## Design brief

### Aim

**This design aims to identify a fossil fuel free and efficient way of making a healthy tea.**

I like drinking tea for my health, to keep hydrated and for the taste. However, there are some problems with ordinary, non-organic tea:

### The problems

- Tea is polluting and uses too many resources
- Tea often have residue of pesticides in it
- Good tea is expensive

### The solution

- Make my own fossil fuel free, healthy tea

## How I did the design

### The organic farmer and Marcussen

I was inspired to make this tea when I was an intern at an organic farm in 2011. The farmer had a deep insight about the ecosystems and plants of his land. Together we identified many herbs that I did not know before and I made a point of expanding my knowledge about the different wild and cultivated herbs.

He introduced me to Marcussen's Universal tea and to his book "Healing herbs" about medicinal plants from 1946. I bought a copy of the 10<sup>th</sup> edition.

The book has a description of each plant: Place of growth, which part of the plant to use, time of collection, active ingredients, use, and preparation.

Marcussen puts together the Universal tea for health. He writes:

*- This tea you can enjoy for an unlimited amount of time. The mix of herbs has been tested through a number of years and has shown a beneficial effect on the whole organism; often healing of difficult diseases. It is to be recommended as a life prolonging tea for health.*

### Long term goal

To provide options for increasing happiness and contentment of people and myself within the limits of our biological resources.

This design uses the

### PRIME model

- Problem/Design Brief
- Research
- Ideas
- Make
- Evaluate

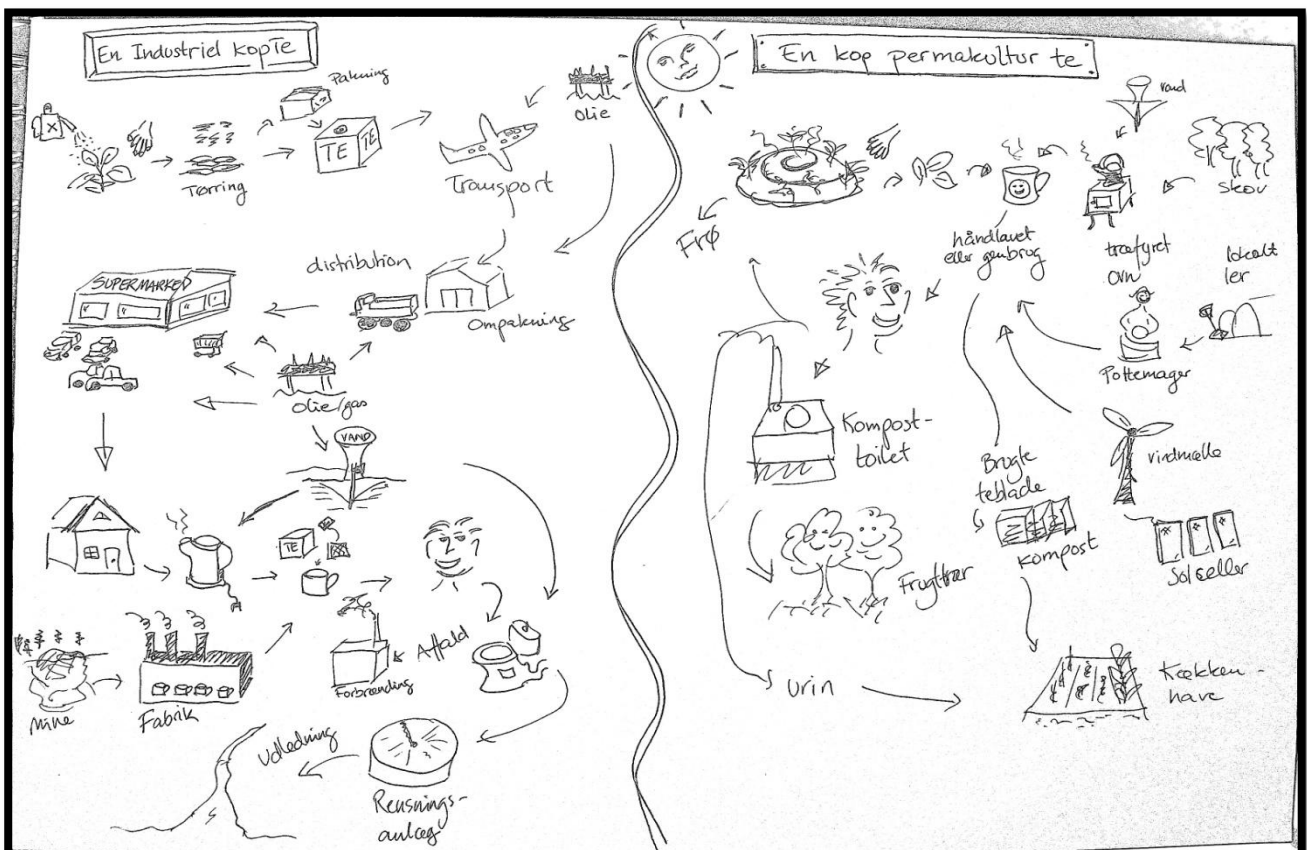


The Universal tea has 26 different herbs, which are listed below. The organic farmer showed me most of the herbs and their growing place on his land and sent me to harvest them. It is very important when and what is harvested. Some golden rules for harvesting includes:

1. Wild plants are more potent than cultivated plants
2. Only healthy and harmonious plants should be used
3. Medicinal plants must be free of any impurities or pollution
4. The optimal time of collection of each plant must be taken into consideration. The harvesting should never take place after heavy rain or morning dew.

### Fossil fuel free foraging

When I started teaching permaculture, I worked out a nice way to present some of the permaculture principles and ethics through “The Permaculture Cup of Tea”, which I believe is a generally well known session. I did a drawing of the standard production, transport and consumption of tea, compared with the “permaculture cup of tea” picking herbs in the garden and boiling water on wood burners. I like to walk the talk and decided that my own version of the Universal tea should come from fossil fuel free foraging, i.e. only plants from the island Orø, where I live now.



The illustration: The depiction of an “Industrialised cup of Tea” to the left and a “Permaculture Cup of Tea” to the right, i.e. the depiction of resources use in each case and the steps from cultivation of the plant to recycling. The difference in fossil fuel consumption, pollution and resource consumption is overwhelming

compared to the permaculture way, where everything is recycled back to the land where the tea herbs are picked.

### Herbs on the move

I have collected the herbs from different places that I have lived. I have not always been able to collect all the herbs in the recipe and I have supplemented some herbs for others and experimented mainly with the taste of the tea.

I have moved to a new house on the island Orø recently. I like to discover the island and flora and fauna. While looking at the list of the different herbs in Marcussen's Universal tea I realised that a lot of the herbs I already have in my garden, at least in smaller quantities. Because I got to know them through the organic farmer, I have moved them with me and they are precious to me. Some of them only grow wild and I am beginning to discover where they grow on the island. I like to go on walks around the area, foraging for herbs, mushrooms, berries, and nuts. However, I sometimes forget where I saw a plant, what time of year it should be picked. Marcussen's book is a great resource in this respect, but something more visual and related to where I live would be more appropriate.

### Outline of the design

I first set out to identify the **Problem** aka the **Design Brief** and some context for the task.

The **Research section** includes a survey of where I can find the 26 herbs of Marcussen's Universal Tea. Observations in my garden and on the island have been added to maps to get an overview.

The **Ideas section** is about looking at ethics and principles that will be applied through this project. It will also look into ways of making my collection of herbs more efficient.

When I get to the **Make section**, I will describe the design for efficiency in picking herbs and a bit about how to pick them, dry them and drink the tea.

**Evaluation** will look at plusses, minuses and interesting points about the tea. It will be looking at how to improve the design of the map and calendar.

**Reflection** will review how it was to work with the plants and the processes of the design.

**Next steps** will describe what I intend to do next to improve the design and the tea.

## Research

### Herbs species used in the tea

Marcussen's original recipe for Universal tea includes 26 different herbs, leaves and spices. **The herbs are listed in the appendix.** The challenge was to locate the plants and their growing environment, but also to get to know the island better and make use of resources in abundance.

One of the tea plants do not naturally grow in our climate: Star anis. It is marked in red, indicating it cannot be grown within reach of non-fossil fuel transport. However, the anis taste, if not the properties, can be added by Anis hissoop, which is easy to grow and is not easily mistaken for hemlock, like Anise.

Liquorice also ended up on the red list until I found out that there are actually cultivars that grow in this climate and this would be worth exploring. Liquorice roots can be used from after three years of growing, so an alternative to the taste of liquorice would be needed the first years.

Where "Place of growth" is marked with green, it means that I know the plant and have located it in my garden or on the island.

Yellow signifies plants that I know and that are growing in the wild or planted in the garden, but I do not yet have a reliable source, it has not been planted yet or I have not located the plant in the wild.

I have added a few plants that I like to the tea. The Anis hissoop adds flavour when there is no liquorice root or star anise. Dried elderflowers add flavour, while calendula adds colour and a range of other properties. I also use Polish mint or whatever other mint is in abundance.

### Mapping

As I'm a geographer, I like maps and mapping, I have worked with GIS and analysed satellite imagery. I understand the landscape well from using maps. Working with the base map of the house for other designs, it came naturally to make a map of the herbs in the garden and then on the island.

Mapping is a tool that allows a more systematic approach to discovery and harvesting of the plants. It is a way to share information in a visual way understood well by most people. Mapping can be digital or handheld. I like to use low-tech solutions when possible and have chosen to do most of the mapping by hand, enhancing a creative process.

### Local resources – my garden

When I had decided to become more systematic about harvesting the herbs I started analysing their growing place. I started by looking at the zones around my house. Many herbs already grew in zones 1 and 2, while some of the trees and bushes I pick leaves from were growing in the forest garden area or wild forest patch. These are shown on the illustration of my house below.

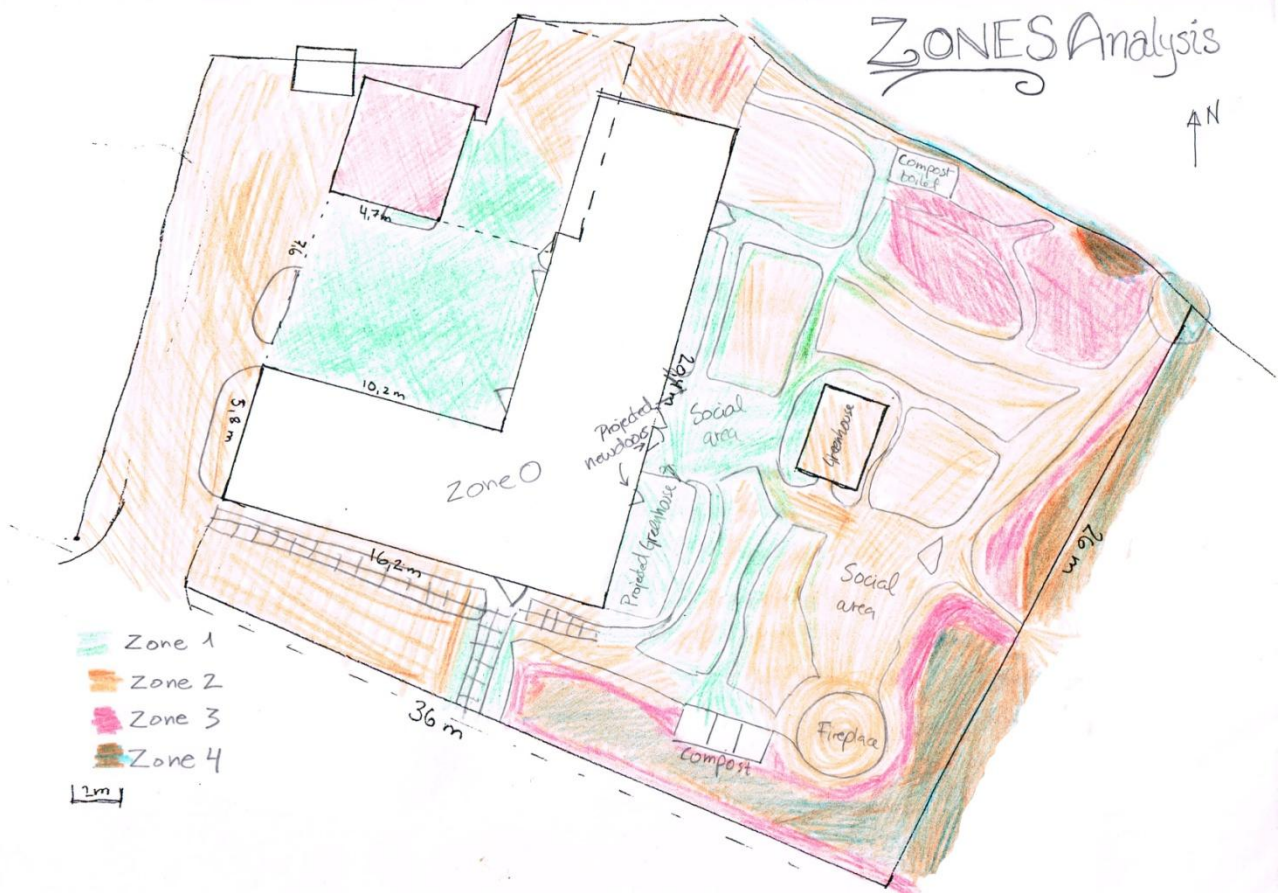


Map of the house and garden at Orø. Approximately 1000 m<sup>2</sup>. Three doors are marked with triangles. To the south is a public road. The design is not finalised on this map. However, some elements are already in place because it was an old garden with fruit trees and bushes and a green house.

To the east (right) a public wild forested area, zone 4-5, with walnut and birch. To the north is the forest garden area with several mature trees, some malnourished currants and cardboard/seaweed mulch. This area has the potential to host many useful (tea) plants, like strawberries, borage (not yet planted). A small greenhouse in the middle of the garden surrounded for the time being by a grass/herbs mixture (3 years since cultivation). Some areas of the garden are inaccessible shrubs. Along the house walls are zone 1 herb beds.

In the paved courtyard I have some pots around an old well and more zone 1 beds. I mostly use the entrance through the courtyard to the utility room if I have been off property, making the beds next to the parking zone 1.





A look at the zones of the garden at Kattekærhus.

### Local resources - the island

The wild herbs were also located within the zones. Since I go for walks quite often, the paths I use I consider as my zones 3 – 4. A map of the island Orø, shows the location of more of the plants used in the Universal tea.

Plants are collected along paths that I visit at least every week, effectively extended zones 3 -4. The red dots below signify where I collect plants. Next to the beach is a path with dog rose, yarrow, shepherd's purse and many other plants for the tea but also for eating.

The map of the island just has a few dots on it right now which is for the tea herbs. However, I would like to extend it, give different colour codes to different kinds of plants and build an inventory around it. I will probably do this digitally and it will enhance my IT skills as well as my knowledge around the plants.

### Local resources - the neighbour and parents' house

There is another big walnut tree in my neighbour's garden and lots of fruit trees and bushes including raspberries that I use for the tea. The neighbour is actually a kind of museum that shows an original old house with most of the inventory preserved and dating back at least 100 years. They have a relatively big



garden with an orchard and a barn that is used for events. Cooperation with the museum is high on my list of to-dos.

My parents live 4 km away and have an old, diverse garden with lots of herbs and other plants. I have created a kitchen garden there with annuals and perennials. Many of the herbs in my own garden are from my parents' garden originally.



Overview of [the island Orø](#). It is approximately 14 km<sup>2</sup> in size and has a population of around 850 people. 1200 summer homes add to a population flux over the year.

## Ideas

The survey has given information about which plants to use and where to find them. I want to go more in depth with reasons for doing a herbal fossil fuel free tea by looking at the ethics and principles and what selling points it might have, if I am to sell the Universal tea and promote permaculture with it.

I also want to create an easy way for myself to remember when and where to pick the herbs – or so that I can let volunteers do it easily.

### Permaculture ethics

Any good permaculture design must find the sweet spot of fulfilling all ethics. I have taken into consideration the properties of the plants themselves, my practice around harvesting them and the use of the plants.

**Earth care:** The change from drinking industrialised tea to local herbal tea is significant in its lessened impact on the earth. The footprint is greatly reduced to almost zero.

Most plants grow in this climate and do not require special attention, like heated greenhouse. If taken care of and not over exploited, there will be enough wild herbs to harvest in the natural environment on the island. It is indeed possible to make a sustainable and fossil fuel free herbal tea with plants from Orø alone.

Valuing the diversity of the eco-system and understanding more about the properties of plants through this Universal tea, will enhance the chances that more people find it worthwhile to preserve natural areas with minimal intervention.

**People care:** The tea has health properties. A cup a day is said to be enough to keep the body and mind healthy. The tea is popular with my friends and I'm happy that they get to share the tea's health properties with me. Creating happier, healthier and longer lives is a big plus on the people care ethic.

**Fair share:** I often give some of the tea away, to share the goods with friends. I have been thinking about selling the tea as a special fossil fuel free, healthy, all from Orø tea. Possibly this could be of interest for tourists. I would like to sell the concept of fossil fuel free tea/food/ general items and increase the costumers' awareness about energy consumption related to tea.

**Conclusion:** The use of the Universal herbal healthy tea is beneficial for me, it leaves minimal impact on the natural resources, if harvested sustainably, and it can be shared with friends. It also has the potential to promote an important permaculture message. If made into a business, sustainability in the harvesting of wild herbs must be underlying this action. It would increase my possibility of a permaculture livelihood to make the herbal tea into a low key business with sales only from places on the island.

## Principles

The principles have been used to check if there were more possibilities to explore.

### Each element performs many functions

Harvesting plants on the beach together with friends satisfies both the need for a walk and social interaction. I get to know the area better and better and I get familiar with other plants, mushrooms and animals on the walks. I also observe the seasons, the flooding patterns, the soil types and the sun on the sky. I combine it with nature connection, finding my spot, observation of birds and animals and learning from them.

The plants are dried inside the house in the utility room where there is a good draft through the room if the doors are open. Some of the plants I hang on the wall, like the nettles, Lady's bedstraw and anis hissop. They provide a great smell, look good and are a general pleasure. The smaller plants I dry in willow baskets where they can't fall through, but are still aerated because of the structure of the willow weaving.

### **Cycling energy, nutrients and resources**

I don't want to use new plastic bags, because of the pollution they cause and because the plants don't store well if they are not 100% dry. Instead I collect used bread bags made from paper that are nice to recycle. The plants store well and can dry completely.

For long time storage, I use glasses, tins or jars. All of them are recycled.

### **Use & value renewable resources & services**

Herbs are renewable resources when harvested in sustainable amounts on the beach and marine foreland. In the garden, the harvest is balanced with application of organic fertilizer and seaweed mulch.

### **Produce no waste**

All herbs are harvested without the use of fossil fuels for transport. Carrying herbs is done in willow baskets. Drying the herbs is done with natural air circulation. Storage of herbs is done in recycled bread bags or in recycled glasses or tin containers.

The water is from the municipal supply on the island, actually collected from under my garden. It is not legal to use your own well in Denmark. Electricity is used when boiling the water for the tea, thus some fossil fuel might be involved here. However, the island has windmills that net produce more electricity than is used on the island, thus reducing the impact on climate. In the future, I will use a rocket mass heater for boiling water when convenient.

### **Design from patterns to details**

Two patterns are taken into consideration when doing this design: The garden pattern of zones and my pattern of going for walks to the beach.

### **Integrate rather than segregate**

I integrate more activities on my trips to the beach, i.e. leisure, social interaction with friends, nature connection, exploring the environment and harvesting the tea herbs.

### **Use and value diversity**

26 different herbs are originally used in this tea, which helps to understand the diversity of the herbs, their properties, their natural habitats and the diverse ways in which they can be used.

### Understand and use niches

There are two kinds of niches in this design. Firstly are the niches of the different plants and where they grow adding to the biodiversity of the island. Secondly, there is a niche in developing a local produce that is uniquely from this island and fossil fuel free.

### Harvest a yield

Some of the plants I don't have in my garden yet and will need to plant or sow (borage, peppermint, calendula). Others I will harvest while pruning, thinning or weeding, thus creating multiple functions for an action. Some of the herbs I can harvest twice, usually one time in spring or early summer and one time in late summer or autumn (birch, peppermint, sage, Anise, Anis Hyssop).

I might miss a plant or two at the right time, but most plants have a season that will allow for multiple harvests over time, because of their habitat which might be more or less sheltered, sunny, moist or fertile and causes the plants to mature at different times. I've added a few herbs because I like them as tea herbs and they are abundant.

### Design of a map

Making a map of the growth of the different herbs is a way to visualise where to go to pick them. The list of plants in the appendix describes the plants' growing place and the plants' medicinal properties and what part of the plant is used and how.

To make the collection more efficient I want to relate the map to the zones around my house, to make sure that I've got the right plants in the right places. I also want to make it visible at what time of the year I should be looking out for them.

I sometimes get visitors/volunteers to pick herbs, because it's a calming and relaxing thing to do that make one more in touch with nature. The volunteers should be able to access the information about the herbs.

The list below indicates what time of year is generally best to harvest and where. There are four different areas indicated, because this is the information I need at the moment: Garden, Neighbour, Walk or Parents.

### Creating the design in time and space

Time of year	Plant to harvest	Where to harvest	Comments
Spring	Birch	Garden	Harvest twice
	Black currant leaves	Garden	If thinning
	Dandelion	Garden	Any time of year really
	Raspberry leaves	Neighbour	If thinning
	Shepherd's purse	Walk	



	Plantain	Walk	
	Hawthorn flowers	Walk	
<b>Early summer (June-July)</b>	Strawberry leaves	Garden	When replanting
	Anis Hyssop	Garden	When weeding, harvest twice
	Anise	Garden	Annual, self-seeding
	Borage	Garden	Annual, self-seeding
	Stinging nettle	Garden	When weeding
	Peppermint	Garden	Harvest twice
	Sage	Garden	Harvest twice
	Walnut leaves	Garden	If pruning
	Elder flowers	Garden	If pruning
	Polish mint	Parents'	When visiting parents
	Calendula	Parents'/garden	When visiting parents
	Lavender	Parents'	When visiting parents
	Dog rose flowers	Walk	
	Horsetail	Walk	Not observed in garden yet or else when weeding
	Ground ivy	Walk	Not observed in garden yet or else when weeding
	Hawthorn flowers and leaves	Walk	
<b>Late summer (July-August)</b>	Melissa	Garden	Perennial
	Hyssop	Garden	Perennial
	Anise	Garden	Annual, self-seeding
	Borage	Garden	Annual, self-seeding
	Fennel	Garden	Perennial
	Basil	Garden	Needs planting
	Lady's bedstraw	Walk	
	Yarrow	Walk	
<b>Autumn (September - )</b>	Birch leaves	Garden	Harvest twice
	Shepherds' purse	Walk	Harvest twice
	Peppermint	Garden	Harvest twice
	Sage	Garden	Harvest twice

This list could be useful to have visible in a place where I am reminded of it. However, I wanted to play with a map, to make it more visible spatially and easier for volunteers to find the plants. It could be combined with an online database and map on GoogleMaps, expanding with all the different herbs, mushrooms, nuts etc that I find on the island. However the time was not right for me to launch a database experiment, because of other priorities. I also tend to simplify when possible and keep some things out of the digital sphere if not needed to be in there. I will need more skills with Google maps to be able to do this effectively.

I wanted to do something simpler, more fun and engaging for myself and visitors and still enhancing effectiveness of collection.

## Wall map with pins

The idea came up to make a wall map with pins and plants in different colours to indicate the season. This was a more fun and engaging way of increasing visibility and awareness of the herbs both for myself and visitors.

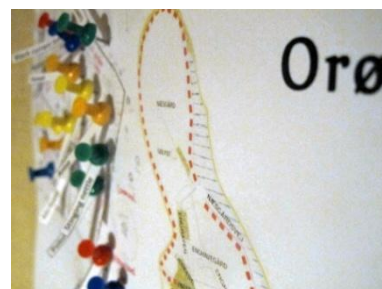
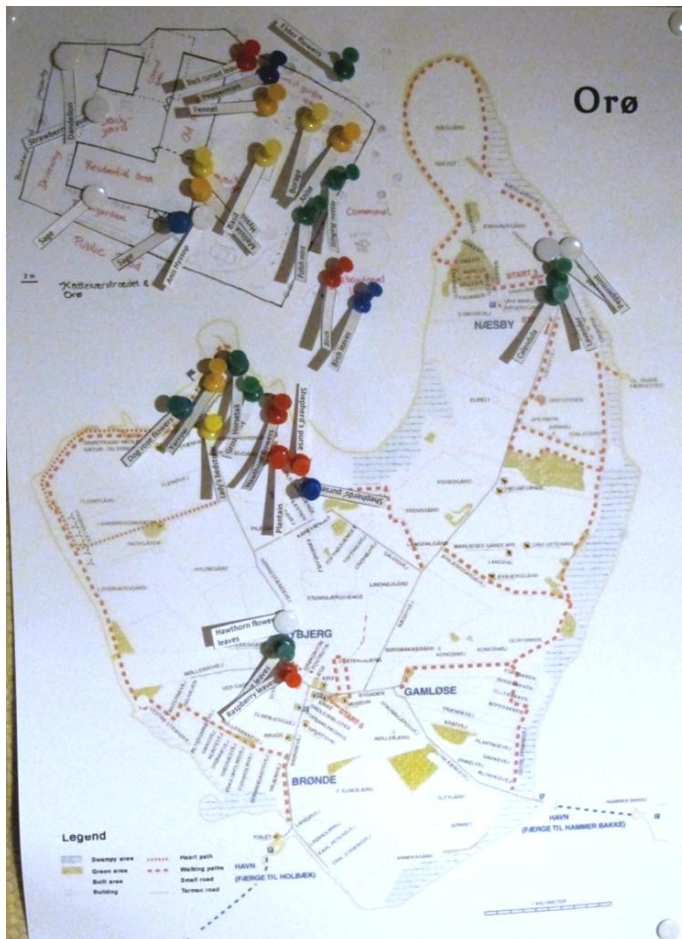
## Make

### The wall map

I found a map with the walking paths of the island on. This made it easier to create a map that would be meaningful to myself and others. All street names are on it and names of significant places. This works better than the google satellite imagery.

After some photoshopping to clean the map up and delete unwanted information, I put the base map of Kattekærstrædet in the corner to have it all together. If this gets too cluttered I will change the design and make a second map.

The herbs should have different colours for different seasons. I can take the pins off the map as I collect sufficient of a plant. And I can add more pins of new plants that I discover.



## Collecting the herbs

I pick the plants a few times per year when it's the right time and they are at their best, according to the list. However, every year is different in terms of climate and therefore the optimal harvest time can vary.

During the walks I observe the plants and will know when they are ready. I have implemented the design recently on a few plants and I'm happy about it so far.

I have located all the plants on the island and which ones I need to plant or to sow. This year my collection of plants have been incomplete, because of moving house. Next year, with this design, the collection will be easier to remember and the Universal tea almost complete. I might not be able to get all herbs in the quantity I would like next year. And the liquorice root will not be ready to harvest before after three years of growth.



*Left: Mint, nettles, anis hyssop, birch, horsetail and more herbs stored in paper bags. Top right: Dried Calendula will be used to add a bit of colour to the tea-mix together with lavender that has a strong aroma, not to be exaggerated in the tea. Bottom right: recycled paper bag with herbs.*





*I keep the herbs separate in recycled bread bags until I have enough different herbs to mix the tea in recycled glass jars and tins.*

### **Brewing the tea**

I usually make the tea in a teapot, using a “tea-sock”. The tea-sock can be reused many times before it gets too incrustated with tannins to be hygienic.

I usually invite my guests to share the Universal tea with me. I have only had good feedback on taste and effect.

If I have made more tea than I can drink, I can feed the rest to my water kefir to give the drink the kefir produces some flavour from the tea.

I don't feel any specific effect of the tea. But I generally feel good and balanced when I drink the tea. And just the thought of not using fossil fuel drenched tea, makes me feel even better.

### **Healing properties of the herbs**

The information comes from the book by M. Markussen: “Helbredende urter – deres virkning, sammensætning og anvendelse”. The healing properties of herbs are a controversial topic and authors have different opinions about it. The medicinal properties of each plant are a whole study in itself, but I will not go into that study in this design. Suffice to say that the Universal tea is such a blend of different herbs that



no one herb can dominate with its properties, nor do no harm. The idea of the tea is to prevent ailment and balance bodily functions, not to cure any specific disease.

In the table in the annex are the different plants and what I need to do to get them. Some are annuals that I need to sow in spring or plant from seedlings. Others are perennials, that just need harvesting at the right time. They can be wild herbs, self-sowing or grown in the forest garden.

## Evaluation

The Universal tea has performed the functions that were the starting point of this design: to be healthy, to be harvested locally with no emission of pollutants and to expand my knowledge about the island's flora and eco-systems.

Doing an evaluation exercise will further highlight positive and negative aspects of using the Universal tea. I have chosen Edward de Bono's tool "Plus, Minus, Interesting" (PMI) to structure the evaluation.

PMI for the design of making Universal tea		
Plus	Minus	Interesting
<p>The herb tea is nice to drink.</p> <p>The map and lists gave a good overview and will be used to elaborate on with more plants.</p> <p>The tea is appreciated by visitors and as gifts.</p> <p>The story behind the tea can give a strong message of promoting "a fossil fuel free healthy herbal Universal tea with only local herbs and plants".</p> <p>Discovering the medicinal properties of the herbs.</p> <p>The wall map increases awareness of the diversity and value of plants and eco-systems.</p>	<p>Drying plants instead of using them directly in an infusion tends to weaken the taste and properties of the herb.</p> <p>Over-picking herbs beyond sustainability can be damaging to the biodiversity of the area.</p> <p>Herbs for tea may take up space in the garden for more essential functions.</p> <p>The wall map may get too cluttered.</p>	<p>Cannot feel specific effects of the tea but general well-being.</p>

## Conclusion:

It's difficult to find anything but positive effects of this design. The minuses can easily be avoided or limited.

## Next steps:

The design can be developed with an online map and a database for all sorts of plants around the island. I would like to learn the skill of doing a nice online map, but have not had the time for it yet. I also have to assess whether it is necessary with an online map or a different media would be more interesting to do. I generally like my solutions to be as low-tech as possible and I find it fun to work with my hands to create solutions, hence the pin wall map.

I have thought about doing a monthly calendar of the different herbs that are good to harvest for food and tea during the year, together with other practices that make my life more sustainable and reduce my footprint on the earth.

I got the idea to go for a walk all around the island in two days. This would enable me to see the island from the coastline and become more familiar with its different environments. I would map useful plants along the way, either on a paper map, or maybe with a GPS.

I also got the idea to sell the tea on the flea market, because I go there sometimes to sell things that I don't need. Or possibly, if I get a little shop once the house is up and running. It would be a fine product to sell and with a strong message and brand of permaculture on it. In case I need to harvest many wild herbs I will find more different places to harvest them, so that I do not exploit an area beyond its carrying capacity.

## Reflection

It has been a pleasure to work with the plants. I have made an incomplete Universal tea for several years now, because I have moved around and not been able to pick all the plants. It is nice to have the design done, so that it's easy for me to get all the herbs.

The design was easy to do because I already have some knowledge and experience with the plants and their collection. I have several books on medicinal plants that I can draw knowledge from. However, for the Universal tea, I will trust the knowledge of Marcussen and the tea's preventive effects.

The wall map is visible and easy to use. Over time I might decide to create a proper database, digital maps with overlays and categories that can be switched on and off. But for now, I am content with small steps to get the design underway with a practical solution.

It was also nice to draw in experience from teaching permaculture. The comparison of the "Industrialised Cup of Tea" and "The Permaculture Cup of Tea" is a topic I often bring up when introducing permaculture on courses, short presentations and as a warm up for the ethics session. "The Permaculture Cup of Tea" is the example I use of permaculture thinking if I only have 1 minute to explain what permaculture is, because everybody can relate to tea. Therefore, it is also a product I would like to produce in quantities large enough to give away or even sell, together with the story of "fossil fuel free healthy local Universal tea".

I changed the design tool from SADIM to PRIME. They are quite similar, but I found that the wording for this project worked better for me. There is more focus on the Design Brief and Ideas. There is no confusion of Design and Decide stages of the SADIM tool as there is a clear division between the Ideas and Make stages of PRIME.









## Accreditation criteria









Demonstrating Design Skills	Applying permaculture in my own life
<ul style="list-style-type: none"> <li>- PRIME</li> <li>- Ethics</li> <li>- Principles</li> <li>- Zones</li> <li>- PMI</li> </ul>	<p>Getting more familiar with the natural environment around me has been very important and given me a sense of belonging to the ecosystem on my island.</p>
Learning from and developing your permaculture practice	Applying permaculture to my work and projects
<p>I have gotten more familiar with medicinal properties of plants through working with the tea and understanding the different plants. I also get to understand my environment better and combine the walks with nature connection activities sometimes.</p>	<p>Using Holmgren’s domains this project is within “Health and spiritual well-being”, while in the 12 categories no category really apply. Maybe “site-design” or “other” could apply.</p> <p>I find it interesting and limited that food, food security or other essential consumption in society is not explicitly mentioned in the domains and categories.</p>



## List of plants used in the Universal Tea

English name	Danish name	Latin name	Place of growth	Photo of the plant
Anise (star anise)	Anis (stjerne anis)	Pimpinella anisum	Garden (Asia Zone Supermarket)	
Basil	Basilikum	Ocimum basilicum	Green house Zone 1	
Birch leaves	Birkeblade	Betula	Forests and gardens Zone 4, forest patch	
Blackberry leaves	Brombærblade	Rubus fruticosus	Gardens, wild in deciduous forests Zone 1, courtyard bed	
Stinging nettle	Brændnælde	Urtica dioeca	Everywhere Zone 1	
Fennel	Fennikel	Foeniculum vulgare	Cultivated Zone 1, herb bed	
Lady's bedstraw	Gul snerre	Galium verum	Along roads Zone 4, along the paths	
Raspberry leaves	Hindbærblade		Grown in gardens Zone 4, neighbor's garden	







Borage	Hjulkrone	Borago officinalis	Grown in gardens Zone 2, forest garden	
Dog rose	Hyben (hunderose)	Rosa canina	On beaches Zone 3, the beach	
Shepherd's-purse	Hyrdetaske	Capsella bursa pastoris	Gardens, fields, along roads Zone 4, road (still to be located)	
Hyssop	Isop	Hyssopus officinalis	Grown in gardens Zone 1, herb bed	
Strawberries	Jordbær, (skov)	Fragaria vesca	In gardens and forests Zone 1, courtyard, zone 2-3 forest garden	
Lavender	Lavendel	Lavandula spica	In gardens Zone 4, parents' garden	
Dandelion	Mælkebøtte/Løvetand	Taraxacum officinale	Everywhere Zone 1, 2, 3	
Ground-ivy	Korsknap	Glechoma hederacea	Common wild herb Not yet located	

Melissa	Citron-melisse	Melissa officinalis	Grown in gardens Zone 1, herb bed	
Horsetail	Padderokke	Equisetum arvense	Fields, sandy clay soils Zone 3, fields	
Peppermint	Pebermynte	Mentha piperita	Grown in gardens Zone 1, herb bed	
Yarrow	Røllike	Achillea millefolium	Along roads, meadows	
Sage	Salvie	Salvia officinalis	Cultivated Zone 1, herb bed	
Black currant leaves	Solbærblade	Ribes nigrum	Cultivated, Forest garden, Zone 2-3	
Hawthorn leaves	Hvidtjørneblade	Crataegus oxycantha	Hedges, forest edge, slopes Zone 3, along road	
Walnut leaves	Valnødblade	Juglans regia	In gardens Zone 4, neighbor's garden	

Plantain	Vejbred	Plantago lanceolata, Plantago major	Along roads, fields Zone 3, along road	
Liquorice root	Lakridsrod	Glycyrrhiza glabra	Need to find suitable cultivar Zone 3, forest garden	

Additional herbs for brewing tea.

English name	Danish name	Latin name	Place of growth	Photo
Anis hyssop	Anisop (indianermynte)	Agastache foeniculum	Garden Zone 1, herb bed	
Elder	Hylde	Sambucus nigra	Garden and hedges Zones 2, 3, 4	
Calendula	Morgenfrue	Calendula officinalis	Garden, parents' place Zone 3	
Woolly mint	Rundbladet mynte	Mentha suaveolens	Garden, parents' place Zone 3	
St. Johns' wort	Prikbladet Perikon	Hypericum perforatum	Walk, beach	