



TEA TIME: EXPLORING ORCHARD HERBS THROUGH THE SENSES

We make **OBSERVATIONS** of natural phenomena through the senses -- **SIGHT, HEARING, TASTE, SMELL,** and **TOUCH**. This is valuable information for experiencing the world and learning from it. We'll engage these senses as a way of learning and experiencing nature & plants of the school orchard.

As you sample each tea, note what you observe about the following:

- Predominant Flavor: **sweet, salty, sour, bitter, pungent**
- Mouthfeel: **coating, moistening, drying, astringent**
- Temperature of the Plant: **heating, cooling, no change (mild) temperate**
- Where Do You Feel It Traveling in the Body?: **does the energy rise, sink, expand, contract, remain steady? To what parts of the body does it travel?**
- How Do You Feel?: **relaxed, energized, calmed, stimulated; what images, sounds, feelings, colors, memories, thoughts come to your mind and body?**

What inferences can you draw about your experience of connecting with each tea and your approach to learning about the plants' growth and use?

#1	#2
<p><u>Name of Plant:</u> <u>Latin Name:</u> <u>Part of Plant Used:</u> <u>Harvest Season:</u> <u>Medicinal Use:</u></p>	<p><u>Name of Plant:</u> <u>Latin Name:</u> <u>Part of Plant Used:</u> <u>Harvest Season:</u> <u>Medicinal Use:</u></p>
<p><i>Scent:</i> <i>Color:</i> <i>Predominant Flavor:</i> <i>Mouthfeel:</i> <i>Temperature:</i> <i>Where Does It Travel?</i> <i>Feeling/Sensation:</i> <i>What Part of the Plant?</i> <i>Medicinal Use?</i></p>	<p><i>Scent:</i> <i>Color:</i> <i>Predominant Flavor:</i> <i>Mouthfeel:</i> <i>Temperature:</i> <i>Where Does It Travel?</i> <i>Feeling/Sensation:</i> <i>What Part of the Plant?</i> <i>Medicinal Use?</i></p>

<p>#3</p> <p><u>Name of Plant:</u></p> <p><u>Latin Name:</u></p> <p><u>Part of Plant Used:</u></p> <p><u>Harvest Season:</u></p> <p><u>Medicinal Use:</u></p>	<p>#4</p> <p><u>Name of Plant:</u></p> <p><u>Latin Name:</u></p> <p><u>Part of Plant Used:</u></p> <p><u>Harvest Season:</u></p> <p><u>Medicinal Use:</u></p>
<p><i>Scent:</i></p> <p><i>Color:</i></p> <p><i>Predominant Flavor:</i></p> <p><i>Mouthfeel:</i></p> <p><i>Temperature:</i></p> <p><i>Where Does It Travel?</i></p> <p><i>Feeling/Sensation:</i></p> <p><i>What Part of the Plant?</i></p> <p><i>Medicinal Use?</i></p>	<p><i>Scent:</i></p> <p><i>Color:</i></p> <p><i>Predominant Flavor:</i></p> <p><i>Mouthfeel:</i></p> <p><i>Temperature:</i></p> <p><i>Where Does It Travel?</i></p> <p><i>Feeling/Sensation:</i></p> <p><i>What Part of the Plant?</i></p> <p><i>Medicinal Use?</i></p>
<p>#5</p> <p><u>Name of Plant:</u></p> <p><u>Latin Name:</u></p> <p><u>Part of Plant Used:</u></p> <p><u>Harvest Season:</u></p> <p><u>Medicinal Use:</u></p>	<p><u>REFLECT:</u> <i>Which plants did you enjoy the most? Which did you enjoy the least? What did you learn? What surprised you?</i></p>
<p><i>Scent:</i></p> <p><i>Color:</i></p> <p><i>Predominant Flavor:</i></p> <p><i>Mouthfeel:</i></p> <p><i>Temperature:</i></p> <p><i>Where Does It Travel?</i></p> <p><i>Feeling/Sensation:</i></p> <p><i>What Part of the Plant?</i></p> <p><i>Medicinal Use?</i></p>	

