

SPEEDWELL

A CAREFREE AND EASY-TO-GROW PERENNIAL WITH LONG SPIKES OF SMALL PETALS IN PURPLE, BLUE, PINK, OR WHITE.

FUN FACT: SPEEDWELL ATTRACT VARIOUS POLLINATORS, SUCH AS BEES, BUTTERFLIES, AND HUMMINGBIRDS. THIS MAKE IT A VALUABLE ADDITION TO ANY POLLINATOR-FRIENDLY GARDEN!

COMMON USES

Speedwell is used primarily as an ornamental perennial.



HARVESTING AND STORAGE

Harvest: Remove bottom foliage if present, recut stems under water

Storage: place into a fresh flower food solution. Bottom flowers decline before upper flowers open.

FEATURED RECIPE: SPEEDWELL HERBAL TEA

Ingredients:

- 1 cup fresh Speedwell leaves (you can also use dried leaves)
- 2 cups water
- Honey or sugar (optional, for sweetening)



Instructions:

1. Rinse the Speedwell leaves thoroughly under cold water to remove any dirt or debris.
2. Bring 2 cups of water to a boil in a pot.
3. Once the water is boiling, add the rinsed Speedwell leaves to the pot.
4. Reduce the heat to low and let the leaves simmer for about 5-10 minutes. This will allow the flavors of the Speedwell to infuse into the water.
5. After simmering, remove the pot from the heat and let the tea cool for a few minutes.
6. Strain the tea to remove the leaves, using a fine mesh strainer or cheesecloth.
7. If desired, add honey or sugar to sweeten the tea to taste.
8. Pour the tea into cups and enjoy!

