

# Sand Creek Organics

Dieter Bay and Elisabeth Guentert Bay, Grand Forks BC, [www.dimutara/sand-creek-organics/](http://www.dimutara/sand-creek-organics/)

**Certified Organic by NOOA Nr. 04-228**

## The Art of drying Herbs

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The season of drying herbs comes to an end, and I'm looking at more than 50 bags of precious herbs. What a treasure! And instantly I forget all the hard work involved.

Drying herbs is an Art and has become my passion. From early spring to late fall I can pick prime organic herbs in our orchard and garden.

There are many steps in the drying process. Picking is the first and easiest one. In order to achieve the optimum result, I pick leaves, flower, fruit (berries) and roots according to the cosmic constellation of the moon and the stars (Maria Thun calendar). Secondly the herbs have to be sorted out;

I use only the prime part, stems get removed and big leaves get cut in smaller pieces. The herb should be dried in the shortest time possible, yet a dehydrator doesn't work for delicate herbs. I dry my herbs on free hanging racks in a warm room, well ventilated.

Third, each herb variety has to be packaged in paper bags and labeled with name, date and amount. After that, they have to be stored in big containers in a cool place. This secures optimum freshness and conservation.

I use the herbs for the 7 different Tea blends and Green Power from 2 overlapping seasons. Not every year I can count on harvesting enough of all varieties, depending on weather and other natural circumstances.

Mixing the Tea blends is a very demanding business. I always have to make sure nobody is interrupting this intense process of several days. Each blend I have developed in a process of several years with the goal of creating an effective and yet tasty infusion.

You might be wondering why our Teas need a much smaller amount of herbs for making a tasty tea. Hand picked and selected herbs, sold and used quickly are so much more potent than commercially machine harvested herbs, which are stored for very long time till you find them in the store.

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