



**Blairvadach  
Bytes**

# **Foraging – ‘A Cup of Tea’ (Winter)**

**So, what makes a cup of tea?**

**Hot water + (Tea) Leaves = Tea**

**This activity looks into what sustainable, native plants could be used as a substitute for the far travelled tea leaf. Inevitably reducing the carbon footprint of every cup.**



**The average cup of tea**

- Travels 1,000's of miles
- The carbon footprint is roughly 90g of CO<sup>2</sup> per cup of milky tea
- Uses additional packaging (sometimes micro plastics)

**A foraged cup of tea (Gorse flower, Spruce needle or Blackberry leaf)**

- Can be found within miles of most British homes
- Reduces the Carbon footprint to below 10g of CO<sup>2</sup> per cup
- No additional packaging

**Use the YouTube video and see if you can make a cup of foraged tea.**



**[Click here to see the  
YouTube video](#)**

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