



# Yerba Mate

The Yerba Mate is an energetic evergreen tree that produces leaves that are full of benefits. Once boiled in water they produce a drink that gives people more energy than coffee and has more vitamins and nutrients than tea. Yerba Mate is often referred to as the 'drink of the gods' because it contains vitamins A, B, C as well as potassium, iron, manganese, antioxidants and more. It has everything to naturally boost your immune system, improve skin and hair health and get you moving. Unlike coffee, which can make you feel heavy and has lots of acidity, Yerba Mate is light on the stomach and has a smooth finish. Yerba Mate has a flavor like green tea, only slightly more bitter and pairs great with honey and tea. It's delicious when served hot or cold over ice. Grow Yerba Mate in a container to keep in your kitchen or office to always have leaves on hand for an energetic boost in the morning or an afternoon pick me up. The Yerba Mate will continue to grow leaves all year so you'll never run out. Instead of constantly spending money on expensive coffees or sugary energy drinks you will save hundreds, maybe even thousands of dollars by picking your own, home grown Yerba Mate leaves.

## Yerba Mate Care

**Location** - Yerba Mate Bushes can be grown in all 50 states simply by bringing indoors before temps drop below 40 degrees and providing lots of light.

**Planting in ground** - Yerba Mate Bushes are fast growing and require space to stretch out, so plant your rows on 3 foot centers or for individual bushes choose a location at least 4 feet from other bushes or shrubs.

**Planting in pot** - Yerba Mate Bushes grow very well in containers as long as you provide an adequate size pot for root development. Select a pot 18-24 plus inches in diameter and 20 plus inches in height, with adequate drain holes.

**Soil** - A well draining soil is of primary importance as Yerba Mate Bushes roots do not like to be wet and will rot if allowed to sit in water for extended periods. A mixture of soil, sand and perlite is highly recommended for proper drainage.

**Indoor light** - A bright and sunny solarium or window location with a more southern exposure is best for growth and fruit production. Many customers have reported harvesting fruit from bushes that live in home and patio environments.

**Outdoor light** - Yerba Mate Bushes prefer bright light and direct sun. If possible 12 hours of bright sun light is best for growth and fruit production though we have gotten remarkable results growing these bushes in 30% shade year round.

**Water** - When watering Yerba Mate Bushes make sure to lightly soak the soil and then do not water again until the top 2 inches are dry. Depending on light conditions, location and foliage watering may be required weekly or daily. Be sure to not over water, mucky soil will almost always cause decay and ultimately kill the bush.

**Fertilizer** - It is recommended that you fertilize at the same time as you water using a time released fertilizer 8-3-9 or similar to help your Yerba Mate Bushes grow and produce a substantial crop. These bushes are moderate feeders and may require multiple feeding during the growing season. It is important to follow the fertilizers labeled instructions as to not burn or kill the bush.

## Making Yerba Mate Tea

### Using A Coffee Maker

You can also prepare Yerba Mate with your good old coffee maker. Add the desired quantity of yerba mate leaves into the coffee pot where you would put the coffee grounds. (Four tablespoons for a twelve cup pot should be good.) Add a dash of cold water to bring out the flavor of the leaves and protect it. Then add water to the coffee maker and plug it on.

### Using A French Press

Add one and a half teaspoons of yerba mate for every one cup of water when using a French Press. Place the desired quantity of tea leaves in the French Press. Add a splash of cold water to protect the nutrients and retain the flavor. After a few seconds, add hot water. Allow it to steep for about 3-6 minutes. Then press and serve.

### Single Serving

If you don't plan on drink Yerba Mate all day long, you can brew yourself a single serve of tea. Steep half an ounce of yerba mate in a strainer or tea ball and add a splash of cool water over it. Then steep it in hot water for about 3 minutes and its ready for sipping.

