

*Rose
Geranium*
BOTANIQUE

ARTISINAL
LEAF TEA

Pure-Grown Botanical Tea
Carefully Cultivated from
Seed to Seal

Lady Rose
Beauty Inside Out

Net Wt. 100g



ROSE GERANIUM TEA & MATCHA POWDER

Information & Recipe Booklet

Our Story — From Our Land to Your Hand

Every product we create begins with a dream.

What started as a passion for living a healthier, more natural life and growing our own food and medicinal plants has become a beautiful reality. For many years, owning our own farm was a dream in our hearts. Today, that dream is alive, and we are privileged to share its harvest with you.

At Lady Rose, we believe that exceptional products begin with healthy soil. We don't simply grow plants — we restore the land they grow in. We farm with integrity, patience, and care, working in partnership with nature rather than against it.

Our crops are grown without harmful chemicals, because we believe that what goes into the soil eventually finds its way into the product you hold in your hands. Healthy soil produces healthy plants, and healthy plants produce exceptional natural products.

One of the ways we care for our land is by farming our own earthworms. Their nutrient-rich vermicast and natural worm tea are used to nourish our soil and feed our plants, enriching them naturally while supporting a thriving ecosystem. This regenerative approach helps us cultivate crops with exceptional quality and botanical value.

Every step of our process is carefully managed by us — from selecting the seed to planting, nurturing, harvesting, drying, blending, and packaging. This complete Seed to Seal journey gives us full traceability and allows us to ensure that every product meets the highest standards of quality, purity, and care.

When you choose Lady Rose, you are choosing more than a natural product. You are supporting a family dream, regenerative farming, sustainable practices, and a commitment to producing botanical products with honesty and excellence.

Farm Grown with Integrity and Care.

Traceability from Seed to Seal.

From Our Land to Your Hand.

Thank you for being part of our journey. It is an honour to share the harvest of our farm with you.

From Our Farm

Every Lady Rose botanical — including our Rose Geranium — is nurtured on the same regeneratively farmed land: the valley and mountains that shelter our fields.



The valley and mountains surrounding our farm

Lady Rose Rose Geranium Tea

A Fragrant Cup of Wellness from Nature

At Lady Rose, our Rose Geranium Tea is made from the fresh leaves of Rose Geranium (*Pelargonium graveolens*), carefully grown on our own farm using regenerative farming methods. Every plant is nurtured with integrity, harvested by hand, and gently dried to preserve its delicate floral aroma and natural botanical properties.

From Seed to Seal, we oversee every step of the journey, ensuring complete traceability, exceptional quality, and a product you can trust.

A Herb with a Rich Heritage

Rose Geranium is indigenous to Southern Africa, where it has grown wild for centuries before being carried to Europe by sailors and botanical collectors in the early 1600s, eventually becoming prized worldwide for its rose-like fragrance. Beyond its famous essential oil, the leaves themselves have long been brewed as a soothing herbal tea and used in traditional remedies to ease digestive complaints, calm the nerves, and support skin and women's health.

Rose Geranium has long been valued for its refreshing rose-like fragrance and its ability to bring calm to both body and mind. While many know it for its precious essential oil, the leaves have also been traditionally enjoyed as a soothing herbal tea that is naturally caffeine free and rich in beneficial plant compounds. Its refreshing floral flavour makes it a beautiful tea to enjoy any time of the day.

Naturally Rich in Plant Goodness

Rose Geranium contains naturally occurring antioxidants, flavonoids, polyphenols, and aromatic plant compounds — including the same fragrant constituents (such as citronellol and geraniol) that give the fresh leaf its signature rose-like scent — that help protect the body against oxidative stress while supporting overall health and wellbeing.

Traditionally Enjoyed to Support

Rose Geranium Tea has traditionally been used to support:

- Emotional balance and relaxation
- A sense of calm during times of stress
- Healthy digestion
- A healthy immune system
- The body's natural inflammatory response
- Women's wellbeing and hormonal balance
- Healthy skin from within
- Overall wellness and vitality

Research and Modern Interest

Modern research into Pelargonium species has identified antioxidant, anti-inflammatory, antimicrobial, antifungal, and immune-supporting properties within the plant. Laboratory studies on Rose Geranium extracts have measured strong antioxidant activity and demonstrated meaningful anti-inflammatory and pain-easing effects in animal models, while other research has recorded antimicrobial action against a range of bacteria and fungi, support for wound healing in animal skin studies, and blood-sugar-lowering effects in diabetic animal models. Separate studies have also

explored calming, mood-supporting effects and possible benefits for digestive comfort, echoing the plant's traditional use for emotional balance and gentle digestive support.

Scientists continue to study these remarkable botanicals because of their natural bioactive compounds and their potential role in supporting health and wellbeing. As with most herbal research, these findings come mainly from laboratory and animal studies rather than large human trials, and much of this evidence relates to the concentrated essential oil rather than the brewed leaf tea. While Rose Geranium Tea is not intended to diagnose, treat, cure, or prevent disease, it can be enjoyed as part of a healthy lifestyle and balanced diet.

A Word on Safety

Rose Geranium Tea, brewed from the leaf, is naturally caffeine-free and generally well tolerated as part of a balanced diet. As with any herbal product, those who are pregnant, breastfeeding, on chronic medication, or currently undergoing medical treatment should consult their healthcare provider before adding it to their routine.

Our Commitment to Quality

We believe healthy soil grows healthy plants. That is why our Rose Geranium is:

- Grown without harmful chemicals
- Naturally nourished with our own earthworm compost and worm tea
- Farmed using regenerative agricultural practices
- Hand-harvested with care
- Slowly dried to preserve its aroma and natural goodness
- Fully traceable from Seed to Seal

Every cup of Lady Rose Rose Geranium Tea tells the story of our farm, our passion, and our commitment to producing natural botanical products with honesty, integrity, and care. Enjoy its gentle floral aroma, delicate flavour, and the peace that comes from knowing your tea has been lovingly grown by nature and carefully crafted by hand.

Recipe Ideas — Rose Geranium Tea & Matcha Powder

Rose Geranium has a beautifully delicate floral flavour with subtle hints of rose, citrus, and mint. It is incredibly versatile and can be enjoyed in drinks, desserts, baking, and even savoury dishes.

Rose Geranium Tea Recipes



Classic Rose Geranium Herbal Tea

- 1 Lady Rose Rose Geranium Tea Bag (or 1–2 tsp loose tea)
- 250 ml hot water
- Honey (optional)
- Lemon slice (optional)

Steep for 5–8 minutes and enjoy.



Rose Geranium Iced Tea

- 2 tea bags
- 500 ml boiling water
- Ice
- Lemon slices
- Fresh mint
- Honey to taste

Allow to cool before serving over ice.



Rose Geranium & Blue Pea Tea

A beautiful floral tea that changes colour.

- 1 Rose Geranium Tea Bag
- 1 Blue Pea Tea Bag
- Honey
- Lemon juice

Watch the tea turn from blue to purple after adding lemon.



Rose Geranium Relaxation Tea

Perfect before bedtime.

- Rose Geranium Tea
- Chamomile
- Lavender
- Honey



Rose Geranium Citrus Cooler

Brew tea, chill, then add:

- Sparkling water
- Orange slices
- Lemon
- Fresh basil

Rose Geranium Matcha Powder Recipes



Rose Geranium Matcha Latte

- 1 tsp Lady Rose Rose Geranium Matcha Powder
- 50 ml warm water
- 250 ml warm oat, almond, or dairy milk
- Honey or maple syrup

Whisk until smooth and frothy.



Rose Geranium Smoothie

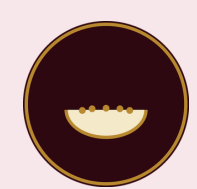
Blend together:

- 1 tsp Matcha Powder
- Banana
- Frozen mango
- Greek yoghurt
- Coconut milk
- Honey



Superfood Morning Smoothie

- 1 tsp Rose Geranium Matcha
- ½ tsp Blue Pea Matcha
- Spinach
- Pineapple
- Apple
- Coconut water

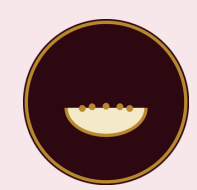


Rose Geranium Overnight Oats

Mix:

- ½ tsp Matcha Powder
- Rolled oats
- Chia seeds
- Almond milk
- Honey

Leave overnight and top with berries.



Rose Geranium Yoghurt Bowl

Add to Greek yoghurt:

- ½ tsp Matcha Powder
- Granola

- Fresh berries
- Pumpkin seeds
- Honey



Rose Geranium Energy Balls

Mix together:

- 1 tsp Matcha Powder
- Dates
- Almonds
- Oats
- Coconut
- Honey

Roll into bite-sized balls and refrigerate.



Rose Geranium Pancakes

Add 1 teaspoon of Matcha Powder to your pancake batter for a delicate floral flavour and a nutritious twist. Serve with:

- Honey
- Fresh berries
- Greek yoghurt



Rose Geranium Bliss Balls

- Cashews
- Dates
- Coconut
- Rose Geranium Matcha
- Vanilla

Blend and roll in shredded coconut.



Rose Geranium Muffins

Add 1–2 teaspoons of Matcha Powder to your favourite vanilla or lemon muffin recipe. Pairs beautifully with:

- Lemon zest
- White chocolate
- Blueberries



Rose Geranium Botanical Lemonade

Mix:

- ½ tsp Matcha Powder
- Fresh lemon juice

- Sparkling water
- Honey
- Ice

A refreshing floral drink for warm summer days.

Creative Culinary Uses

Rose Geranium Matcha Powder can also be added to:

- Homemade ice cream
- Cheesecake
- Shortbread biscuits
- Cupcakes
- Buttercream icing
- Homemade chocolates
- Protein shakes
- Chia pudding
- Rice pudding
- Fruit salads
- Homemade kombucha
- Herbal mocktails
- Botanical cocktails
- Salad dressings
- Homemade jams
- Herbal syrups

A Taste of Nature

Whether enjoyed as a soothing cup of tea or added as a vibrant botanical powder to your favourite recipes, Lady Rose Rose Geranium brings together delicate floral flavour, natural wellness, and the care of regenerative farming.

From Our Land to Your Hand

Farm Grown with Integrity and Care

Traceability from Seed to Seal

Lady Rose – From Our Land to Your Hand

Wholesale, Bulk Supply & Manufacturing

Lady Rose is proud to be a bulk supplier and manufacturer of our own finished botanical products. From growing and harvesting on our own farm to processing, blending, and packaging, we manage the complete journey from Seed to Seal. We welcome enquiries from retailers, distributors, and trade partners interested in bulk raw material or finished, ready-to-market products.

Get In Touch

Website: www.ladyrose.co.za

Email: Linda@ladyrose.co.za / Lradmin@ladyrose.co.za

Contact: 082 785 3198

Farm: Fonteintjie, Uniondale, George, Western Cape

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