

BENEFITS

Caffeine gives us all that little boost to tackle our day. In the U.S., we typically rely on commercially & home brewed coffee to get our caffeine. Over time, however, coffee has an acidic affect on the body. The dried leaves of the Mate plant, tastes similar to green tea & when brewed:

- stimulate the mind
- control the appetite
- boost immunity
- provide high magnesium content
- detoxify the blood
- provide caffeinated effect

"The strength of coffee, the health benefits of tea & the euphoria of chocolate," Yerba Mate is a wonderful stimulating beverage. Offering sustainable energy & balanced nutrition, Mate leaves are naturally caffinated but also nourishing for the body. *"Some researchers feel that the stimulating compound in yerba mate does differ from caffeine,"* and have begun to use the term "matine" to differate between the compounds that provide stimulating effects. This is not the common buzz of Coffee, this is a more balanced, smooth energy. And, unlike its coffee counterpart, Mate is not acid forming or oily, meaning there are no jitters or formations of stomach acid.

ORIGIN

Mate plants belong to the subtropical Holly family, originating from South America, and as such, prefers high temps and high humidity with a season of heavy rainfall. This makes it an ideal fit for Florida's summer climate. The botanical name is *Ilex paraguariensis*.

They are grown and processed in different South American countries, specifically in northern Ar-



gentina, Paraguay, Uruguay and southern Brazil) and have been consumed for a long time as frequently as coffee here in North America.

PLANTING LOCATION & SPACING

We recommend planting your Mate plants in sunny locations or locations receiving sun at least half of the day - this will allow them to stay more compact through pruning & regular harvesting. Plants can also be planted in the shade if needed since they are typically found as an understory shrub.

As far as spacing, it will depend on how you are planning to trim your trees. In our case we will plant in our Mate grove every 4' and keep our plants trimmed as a 6' tall x 5' wide hedge. Mulch 3-5ft. around the tree to reduce weed competition & to retain moisture during the hot summers. Water heavily during summer if rainfall is low, as Mate is a rainforest plant and expects heavy rains during the summer.

Concerning cold tolerance, new shoots will tend to die back, while the previous years growth is hardy enough to sustain through colder temperatures. We have experienced temperatures down to 28-30 degrees with no damage and new shoots beginning in late February/early March.

FERTILIZATION

Topdressing with nitrogen rich compost or organic fertilizer will offer a milder bittersweet taste to the leaves & more of a leafy flavor. Providing a mineral rich, organic topdressing is the key to extracting the desired taste.

PRUNING

Mate plants will grow naturally to about 15' tall but can be kept at about 6 to 7' in order to harvest the leaves easier.



HARVEST AND USES

Leaves can be harvested all year round, dried in open air for about a week or dried in a dehydrator. These dry leaves can be crushed, stored in a dry place for many months and then brewed just like tea leaves in hot water (not boiling) or even in a french press or coffee maker. Alternatively, an infused beverage can also be made with fresh or dried leaves, letting them sit in cold water overnight.

When harvesting, tender stems are include with the older leaves to balance the falvor of the Mate. Tender shoots are higher in theobromine content - the same compound found in raw chocolate that amplifies the energy of the heart's "love" feeling.

In south America, mate drink is usually consumed from a hollow gourd (also called guampa) through a metal straw (called bombilla or bomba).

*View our site's Yerba Mate page for more details of our Yerba Mate plants.
www.anaturalfarm.com/yerbamate*



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OUR CARE GUIDE, NOW GET
PLANTING :)**