

Yerba Mate



The leaves of the plant can be steeped in hot water to make a beverage known as mate. Brewed cold, it is used to make tereré.

lex paraguariensis 'Yerba Mate'

- **Use:** Yerba mate, or Paraguay tea, is a South American evergreen tree in the holly family. Its leaves are made into a popular South American energizing drink (simply called mate) that's comparable to black tea or coffee. Mate is also popular in some Middle Eastern countries. The traditional way to drink mate is to place ground twigs and dried yerba leaves in a specially-formed vessel made from a dried gourd, and then pour hot water over them. A bombilla, or metal straw with a built-in filter, is used to drink the liquid. FOR THE COLLECTOR OF UNUSUAL PLANTS.
- **Exposure/Soil:** Full sun to part shade. Use slow release fertilizer for best results. Inside in winter it needs high light.
- **Growth:** Could grow up to 40' tall in zone 9, but in our area we recommend planting them in a large pot and pruning/harvesting the leaves often to maintain a manageable size to bring indoors (below 40 degrees) in winter.
- **Hardiness:** Zone 9-11, Tropical plant in our zone 8 area.
- **Foliage:** Evergreen. The thick, dark leaves provide color and interest year-round.
- **Flower:** Not known for flowers, but small white flowers also blossom in late fall and early winter. In late spring and early summer, small red berries appear on the tree which the seeds come from.

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