**Something for the weekend....Action #33: Time for tea - like they used to**

Teabags. A modern phenomenon, for ease and convenience. But sadly contributing to our plastic crisis.

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We love a cuppa and in this chilly weather, the intake is increasing!

Black, green, fruit, herbal - the choice is immense. But what the majority have in common, is the single use tea bag and packaging. Often, complete with plastic involved with both - from the glue to outer wrapping. All except [Pukka tea](https://www.facebook.com/Pukka-tea-230891310336507/?ref=gs&__tn__=%2CdK-R-R&eid=ARAPqTy3b2m6a011dPCxUNDza5ipKLT8R4nYNrA4lgjLSSj00myXkT8mHxGeLThSDONFz19QhyL7eSrZ&fref=gs&dti=308664193075982&hc_location=group), according to this recent article.

[https://www.bbc.co.uk/news/uk-50260687](https://www.bbc.co.uk/news/uk-50260687?fbclid=IwAR1HzjSIZPQST1GaWKRZOmTwuKCbMDZ0Lq1QBKE-BEGKBCNcYFjBF5sPfPo)

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The alternative? The humble tea leaf!

And in Southbourne, you can access a whole range of tea leaves from [That Brilliant Store](https://www.facebook.com/thatbrilliantstore/?ref=gs&__tn__=%2CdK-R-R&eid=ARCiHAempUiQQNtHvSU8cxuyVS4eaZOBDBu1RkrP8M1z8a_cZZmqpX3c9zlvtPdPOjOdEq8Z04BdiOv2&fref=gs&dti=308664193075982&hc_location=group) or [Food on the Loose](https://www.facebook.com/Food-on-the-Loose-1489166761226335/?ref=gs&__tn__=%2CdK-R-R&eid=ARBr9PuWVeXN-idDXFn6DEo_2lobE_09F5hOJYzT4MHEdc34817YN5Yc4S5myjhfnqPb9L1hZAoeSX00&fref=gs&dti=308664193075982&hc_location=group); and just down the road in Tuckton, the really rather splendid [The Exotic Teapot](https://www.facebook.com/exoteapot/?ref=gs&__tn__=%2CdK-R-R&eid=ARAqb41m0aw5B20m1PiuyNdcYx1C1hGZtQaIK16d6RHz7RJO8_yH2CRYVRR77hgaBbVhpvrb6cxPZFlP&fref=gs&dti=308664193075982&hc_location=group).

Choose what you would like; how much you would like; and pack it up in your own container.

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Consider using a reusable teabag that you simply fill and empty yourself; a tea strainer; or infuser, of which there are many designs and types. The used leaves can go in your home composter without the fear of microplastics entering the earth.

Tea for two or more? Pick up a teapot in one of the many local charity shops. And enjoy the pleasure of making a pot of plastic free tea!!!