

Guidance on Making Tea Bags from Kersen Leaves for The Residents of Rt 05 Rw 05, Lamper Tengah Subdistrict, Semarang City

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ABSTRACT

Tea is a beverage that contains caffeine, an infusion made by brewing leaves, leaf buds, or leaf stems. Kersen, also known as talok (*Muntingia calabura*), is a type of tree with small, sweet, bright red fruits. In addition to its edible fruits, the leaves can also be used as an ingredient for beverages. Kersen leaves have antiseptic and antibacterial properties, making them useful for boosting the immune system and treating various illnesses. For this reason, our team intends to provide assistance in producing tea from kersen leaves for the residents of RT 05 RW 05, Lamper Tengah Subdistrict, Semarang City. The stages of this community service program include: (1) Socialization of the benefits of kersen leaves; (2) Training; (3) Monitoring and mentoring. The impacts of this program include: (1) PKK women's group members of RT 05 RW 05, Lamper Tengah Subdistrict gain knowledge about the benefits of kersen leaves; (2) Improved knowledge and skills in processing kersen leaves into tea bags; (3) Increased entrepreneurial motivation among PKK women's group members of RT 05 RW 05.

Keywords: kersen leaves, tea bags, lamper tengah subdistrict, infusion

Introduction

Health is an invaluable asset, and the easiest way to maintain it is by living a healthy lifestyle, exercising, and consuming health foods or beverages. Regular consumption of health foods or beverages can improve overall well-being. Initially aimed at preventing various degenerative diseases and boosting the immune system, health foods and beverages are now also used alongside medical treatments to help accelerate the healing process.

A healthy body greatly supports human activities in achieving success and life satisfaction. Success and happiness in life can be achieved through various efforts, one of which is independent entrepreneurship. Entrepreneurship plays an important role both internally by reducing dependence on others and externally by providing job opportunities for job seekers. With more people employed, the unemployment rate decreases, which in turn raises the per capita income of the community.

Today, many health foods and beverages are offered as ready-to-consume products. Alongside technological advancements, the kersen tree (*Muntingia calabura*), which is commonly found in the surrounding environment, can be utilized as an ingredient for health foods and beverages, especially its leaves. Kersen, also known as talok, is a type of tree that bears small, sweet, bright red fruits. In Lumajang, it is called baleci; in other countries, it is known as datiles, aratiles, manzanitas (Philippines); mât sâm (Vietnam); khoom sômz, takhôn (Laos); takhop farang (Thailand); krâkhôn barang (Cambodia); and kerukup siam (Malaysia). The kersen tree is often used as a shade tree along roadsides. This small tree often grows wild along roads, drains, or even in cracks in walls, floors, or fences, eventually developing into a large shade tree. For this reason, kersen trees are frequently found in busy urban areas, along sidewalks, parking lots, neglected riverbanks, and in places prone to prolonged dryness.

Many studies have been conducted on kersen. For example, Yuli Eka Rachmawati found that kersen leaves contain phenolic compounds with antiseptic properties; Yuniar Puspita Arum (2010) discovered that kersen leaves contain flavonoids with antibacterial properties; and Ivena Amerandra R. (2013) experimented with making kersen leaf tea by drying the leaves and then brewing them for consumption. From these studies, it is clear that kersen leaves have antiseptic and antibacterial properties, making them useful for boosting the immune system and treating various illnesses.

Therefore, providing assistance in producing tea bags from kersen leaves for the residents of RT 05 RW 05, Lamper Tengah Subdistrict, Semarang City, is essential to foster entrepreneurial creativity in utilizing kersen leaves as the main ingredient for attractively packaged tea products.

Methods

Implementation of the Mentoring Activities

This mentoring activity was carried out from July to August 2023 in several stages, namely:

Preparation

The initial stage of this mentoring activity was an environmental observation in RT 05 RW 05, Lamper Tengah Subdistrict, Semarang City, on July 8, 2025. The purpose of this activity was to identify the potential of kersen trees growing in Lamper Tengah. The method used in this observation was direct field observation and gathering information on local residents' efforts in utilizing kersen leaves.

Implementation

The implementation process was divided into two parts:

1. Socialization

The socialization stage was conducted on July 15, 2023, with the aim of providing the residents with the necessary knowledge about the benefits of kersen leaves and the process of making tea from them. The target participants were members of the PKK women's group in RT 05 RW 05, Lamper Tengah Subdistrict, Semarang City. This socialization was intended to: (1) provide knowledge to residents about the benefits and potential uses of kersen leaves; and (2) introduce the technology for producing tea bags from kersen leaves. The socialization was held at a resident's house in RT 05 RW 05, Lamper Tengah. The materials delivered included: (1) the benefits of kersen leaves; and (2) techniques for making tea from kersen leaves. The methods used in this socialization included: 1. Lecture : delivering information and guidance on the benefits of kersen leaves; 2. Discussion/Q&A: providing the PKK women's group members with ample opportunity to ask about matters they did not understand, as well as potential challenges in implementation.

2. Mentoring

The mentoring activity for making kersen leaf tea was carried out on July 16, July 23, and August 6, 2025, using the following methods: (1) Demonstration : a live demonstration of the kersen leaf tea-making process; (2) Practice : hands-on practice in leaf picking, withering, drying, and the production of tea bags; (3) Discussion/Q&A : addressing questions and clarifying issues related to the process, as well as discussing possible obstacles during implementation.

Results and Discussions



Figure 1. Preparation and Socialization Stage with the PKK Women's Group of RT 05 RW 05

The results of the mentoring activity during the preparation stage showed that most kersen trees in RT 05 RW 05, Lamper Tengah Subdistrict, were found growing on vacant land. Based on information

gathered from residents, it was revealed that most of them were not yet aware of the benefits and uses of kersen leaves for processing into tea bags. Therefore, the mentoring activity was deemed necessary to be carried out. Documentation of the preparation stage of this mentoring activity can be seen in Figure 1.

The results of the mentoring activity during the socialization stage showed a high level of enthusiasm from the PKK women's group of RT 05 RW 05, Lamper Tengah Subdistrict, as seen from the active Q&A session. There is great hope that utilizing kersen leaves to produce tea bags can create job opportunities for housewives in RT 05 RW 05, Lamper Tengah Subdistrict, Semarang City. Documentation of the socialization stage can be seen in Figure 2.



Figure 2. Tools and Ingredients for Making Tea Bags from Kersen Leaves

The mentoring stage for making tea from kersen leaves was carried out through hands-on practice. The steps are as follows:

1. Pick fresh and healthy kersen leaves that have not been eaten by caterpillars.
2. Wash thoroughly to remove dust, dirt, or fine hairs.
3. After washing, place the leaves in a large container and sun-dry for approximately 5–6 hours for withering.
4. Once slightly withered, store for 1–2 days before drying.
5. Then sun-dry the leaves until fully dry for 3–6 days.
6. After drying, store the leaves in a dry place.



Figure 3. Kersen Leaf Picking and Withering Stage



Figure 4. Kersen Leaf Sun-Drying Stage Until Fully Dry



Figure 5. Dried Kersen Leaves Result

The PKK women's group of RT 05 RW 05 showed great enthusiasm during the mentoring session on making tea from kersen leaves. They were given the opportunity to practice the tea-making process firsthand. This activity included both mentoring and hands-on practice in producing tea bags from kersen leaves. Ingredients needed:

1. Kersen leaves
2. Jasmine flowers
3. Cinnamon powder
4. Cloves
5. Vanilla

These ingredients are used to add aroma to the kersen leaf tea bags, making them more appealing.

Tools used:

1. Coffee grinder : to grind kersen leaves into a slightly coarse or fine texture.
2. Root food for tea bags.
3. Tea bags.
4. Impulse sealer – to seal the tea bags.

Tea bag production process:

1. Grind the dried kersen leaves until fine (original flavor) or grind together with jasmine flowers, cinnamon, vanilla, cloves, or other flavorings.
2. Place approximately two teaspoons of the mixture into each tea bag.
3. Insert a string into the tea bag.
4. Seal the open edge of the tea bag using an impulse sealer so that it is tightly closed.



Figure 6. Demonstration and Practice of Making Kersen Leaf Tea Bags: Grinding Process



Figure 7. Demonstration and Practice of Making Kersen Leaf Tea Bags: Packing Process



Figure 8. Demonstration and Practice of Making Kersen Leaf Tea Bags: Sealing Process



Figure 9. Finished Kersen Leaf Tea Bags

This mentoring activity for the residents of RT 05 RW 05, particularly the PKK women's group, on utilizing kersen leaves to produce tea bags received a very positive response and had a beneficial impact. It sparked motivation among the PKK women to start entrepreneurial efforts in developing kersen leaf tea. The process of making tea from kersen leaves is very simple, and the raw materials are readily available in the surrounding area. The outcomes observed among the PKK women of RT 05 RW 05, Lamper Tengah Subdistrict, Semarang City, after participating in this mentoring program include:

1. Increased knowledge about the benefits of kersen leaves.
2. Growing motivation among the PKK women to develop a business in producing kersen leaf tea.
3. Improved skills in making tea from kersen leaves.
4. The production of kersen leaf tea bags as an alternative to regular tea and as a herbal tea.
5. Increased awareness of the potential of kersen leaves, which were previously overlooked, enabling the PKK women to recognize their benefits through this mentoring activity.

Conclusion

Based on the analysis of the mentoring activity for producing tea bags from kersen leaves in RT 05 RW 05, Lamper Tengah Subdistrict, Semarang City, it can be concluded that the residents have gained an understanding of the benefits of kersen leaves, are able to produce tea bags from them, and are motivated to further develop kersen leaf tea.

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