



Nettle Mint Tea

Equal parts nettle leaf and peppermint

This refreshing and energizing tea is high in minerals that build strong bones, hair and nails.

Nettles help with detoxification & allergies.

Mint eases upset stomach & congestion.

Use 1 T. per cup, steep 20 min. to several hours.



Wild Berry Tea

2 parts huckleberry, hawthorn, wild strawberry leaf,

1 part hawthorn berries, rosehips, hibiscus

Berries are high in antioxidants that protect our cardiovascular system and build immunity.

Use 1 T. per cup, steep 20 minutes.



Rose mint Tea

Wild rose petal, rosehip, peppermint, spearmint

This delicious tea is high in Vitamin C, opens respiratory passages and supports healthy digestion. Try it for mental clarity and to bring a little sweetness. Use 1 T. per cup, steep 10-15 min.



Douglas fir Sun Tea

Spring tips from the Douglas fir tree.

This delicious drink is called "Nature's Gatorade" because it is high in electrolytes and Vitamin C. Use about ½ cup per quart of water



Rosehips

In fall rose flowers transform into fruit called rosehips. They are loaded with Vitamin C and antioxidants that build immune health and strengthen our heart and blood vessels.



Peppermint

Mint is cooling, anti-inflammatory and delicious tasting, making it a natural addition to cold and flu teas. Mint also helps to sooth upset stomach including indigestion and cramps.



Nettle

Nettle is one of our most nutritious wild greens & useful medicines. It is high in minerals that give us energy and strengthen our bones, hair & nails. It aids detoxification through supporting our liver & kidneys.



Strawberry Leaf

Strawberry leaf has a pleasant, tart flavor. It is high in minerals & is excellent for women's health. It also has astringent properties and can ease sore throats and upset stomach.



Hawthorn

Hawthorn leaves, flowers and berries are all high in antioxidants that strengthen our heart and blood vessels. They make a delicious tea that helps to balance blood pressure.



Huckleberry Leaf

Huckleberry leaf is high in antioxidants that help strengthen cardiovascular health. It is an excellent medicine for people with diabetes and heart disease.



Rose Petals

Rose petals have a strong floral flavor that combines well with other teas. It is mildly relaxing and helps to heal wounds and inflammation. Rose petals combine well with rosehips and mint.



Hibiscus

Hibiscus is a flower from Central America. It has a tart cranberry-like flavor and is high in Vitamin C. It makes a refreshing bright red tea that is refreshing when both hot and cold.