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 soothe 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.