Native Infusion

Rethink Your Drink

A Toolkit on Traditional Beverages
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Water is our most important drink. Our bodies are made of 65–85% water. Water offers us protection, delivers nutrients, regulates temperature and removes waste. When we are fully hydrated, we feel less pain and more energy.
Water is one of our most important spiritual medicines. The morning dew from the sword fern, the rain and even the water we drink every day can purify and cleanse us. Water is precious and you have to ask for its healing.

-Kimberley Miller Skokomish
Water and our Body

• Water makes up 60-70% of the body’s weight
• Many essential roles for our mind, body and spirit.
  – Carries nutrients
  – Removes waste
  – Cools the body (sweat)
  – Digests food
  – Repairs and replacement of old tissue
  – Cushion for the organs and joints
Colonial Impacts on Water

• Reduced control and access to water
• Disrupted management practices and vast pollution
• Mistrust of water supply
Nettles are nature's springtime super food. They purify and nourish our body so we can feel clear, strong and energized. The tender shoots are cooked in a variety of ways and dried leaves make a tasty tea or seasoning. The sting of nettle reminds us to be fully aware and protected.
Nettles
The original energy drink
I cup = 300 mg calcium
You can dry your own spring nettles to make tea. Harvest in a clean area before the plant flowers. Hang to dry or dry in baskets, then remove the stems. Dried nettles will last about 1 year. They can also be used as a seasoning.
Evergreen tree tips from Douglas fir, hemlock, spruce and true fir trees are the original thirst quenchers. In springtime limey green new growth emerges at the end of branches. Snack on them fresh or make them into tea to recharge and be your best.
Evergreen tree tip tea
Nature’s Gatorade
Tips from spruce, fir and hemlock

High in vitamin C & electrolytes.
Delicious hot or cold.
Try serving as lemonade
**FOOD IS OUR MEDICINE**

**Huckleberry** helps us to live a long and vibrant life. The deep blue, purple or red berries are medicine for our hearts and are said to contain the blood of the earth. Dried huckleberry leaf tea balances blood sugar and protects us from chronic diseases.
Berry teas are excellent for diabetes & heart health
They contain antioxidants, vitamins and minerals. Examples are huckleberry, blueberry, blackberry, raspberry, rosehips, salal, salmon berry and strawberry.
Wild Strawberries remind us to embrace and savor the moment. These berries might be small but their burst of flavor brings joy to all who taste them. Pick them in fields and forests during the height of summer. Try making flavored water by adding strawberries, citrus fruits and aromatic herbs to your water bottle!
Strawberries are delicious infused in water.

Try mixing them with citrus fruit, evergreen tree tips, mint or other herbs for a refreshing beverage.
Berry leaves including huckleberry, strawberry & raspberry are high in minerals and antioxidants.
PROTECT
WHAT YOU LOVE

Wild Rose helps us remember what is precious and to keep it safe from harm. The sweet smelling flowers soothe irritation, heal wounds and add delicious flavor to food and drinks. In fall, flowers become rose hips, which strengthen our heart and contain Vitamin C that shields us from illness.
Rosehips are high in Vitamin C and antioxidants that support immune health and protect us from chronic diseases.
What we are up against: the marketing
Food, drink and snack industries spent **1,178 times more** on advertising then the government’s 5 A day campaign.
If you drink 1 can of soda a day, you will increase your weight by 5 pounds a year.
This is who drinks soda every day:
The amount of sugar in soda is illustrated in the image. The infographic shows the number of teaspoons of sugar in various types of soda:

- Monster Energy: 13.5 teaspoons
- vitaminwater: 8 teaspoons
- Mountain Dew: 19.25 teaspoons
- Snapple Lemon Tea: 10.5 teaspoons
- Gatorade: 8.5 teaspoons
- Nantucket Nectars Cranberry: 17.5 teaspoons

The infographic indicates that having 1 can of soda per day increases a child's risk of developing diabetes by 60%.
Health Concerns

- Dental caries and extractions
- Poor nutrition
- Iron deficiency
- Low food intake
- Increased weight
- Low energy
- Chronic health diseases
- Poor ability to concentrate
When is Food the Medicine?

**Medicine**

- Tea
  - 0 mins of walking

**Iced Cap**

- 48 mins of walking

**Flavored Latte**

- 63 mins of walking
Valerie Segrest introducing berry tea at a Muckleshoot community event
You need to try a new food or drink 6 times before you decide whether you like it or not. Our bodies will begin to crave the things we need, but we have to develop a relationship with them first.

Skokomish elder, Gerald Bruce Miller (subiyay)
Setting up a Healthy Drink Station
Beverage training at a Squaxin Island youth event. Participants learned about the amount of sugar in drinks and tried flavored waters and teas.
Tips for setting up a healthy drink station

- Make it fun and self serve
- Encourage a taste of each
- Set the tone that drinks will taste different without the sugar
- Explain they are made from plants
- Thank people for being courageous
- Display harvested and store bought tea options
- Have recipes and flavored water
- Have a tasting panel
What are your favorite traditional beverages?

Artwork by Roger Fernandes
Native Infusion Training for Educators

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