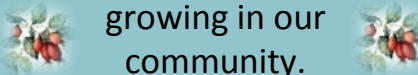




This little booklet on teas  
is a guide to help  
celebrate our Food  
Sovereignty and increase  
awareness and gratitude  
for the many gifts given  
to us from the plants  
growing in our  
community.



Tea from oiniiminagaawanzh  
~ Rose hips ~  
*Rosa blanda*



Tea from baasibagak  
~ Self-heal ~  
*Prunella vulgaris*



Tea from miskominagaawanzh  
~ Raspberry leaf ~  
*Rubus idaeus*



Tea from wabino wuck  
~ Bee Balm ~  
*Monarda wabino*



Tea from dodooshaaboojiibik  
~ Dandelion root ~  
*Taraxacum officinale*



**Tea from oginiiminagaawanzh  
~ Rose hips ~ *Rosa blanda***

Rose hips are an excellent source of vitamin C; they contain 50% more vitamin C than oranges. These fruits can be soaked in water overnight and then cooked in the water for about half an hour to make delicious sauces or jelly.

Because of the high vitamin C content, they are an excellent immune system booster, and often used as a supplement to prevent or treat a cold. The fruit acids and pectin in rose hip tea is a mild diuretic and laxative. It is used to improve, and relieve the symptoms of kidney disorders, or to help in the case of mild constipation.

To make the tea simply pour a cup boiling water over a tablespoon of crushed, dried hips and let steep.

A delicious tea can also be made from the rose petals, another good source of Vitamin C

Rose petal tea relieves menstrual cramps and is heart-healthy.

**A general Guide to Preparation of  
Herbal Teas**

- Bruise or break fresh flowers and leaves and put into a tea cup – typically 4-5 leaves per cup
- Pour one cup of boiling water over herbs and steep for 15 to 20 minutes.
- Sweeten to desired taste (honey, maple sugar, stevia, brown sugar).
- Consider combining several herbs to make a more potent and flavorful tea.
- Teas are usually sipped hot, but may be iced or chilled for summertime refreshment.
- Store brewed tea in refrigerator for a maximum of 2 days

**Tea from miskominagaawanzh  
~ Raspberry leaf ~  
*Rubus idaeus***

With a silvery shimmer on the leaf's underside that is reminiscent of the moon's glow, our grandmothers have used raspberry leaf for thousands of years during their moon time for menstrual support, relieving menstrual cramps and during pregnancy as a healthy tonic to help prepare the womb for childbirth.

This tea has gently nurturing properties

Add boiling water to a sprig of leaves and steep for 15-20 minutes. Drink hot or cold.

**Tea from baasibagak  
~ Self-heal ~ *Prunella vulgaris***

You very well may have *Prunella* growing in your lawn – consider harvesting it for a wonderful tea or adding the edible leaves to a salad.

Natural healers say eating the leaves will change the course of a chronic disease.

A tea made from the leaves and flowers works well to reduce a fever. Drinking a little of this tea daily is good for general well-being. It is a sister to the mint plant.

**Tea from dodooshaaboojiibik  
~ Dandelion root ~  
*Taraxacum officinale***

The root and the greens of the dandelion are high in nutrients, especially potassium. Both leaves and roots offer an array of impressive and diverse benefits to health.

Dandelion greens can be steamed, sautéed or eaten raw. They have an earthy, bitter taste. Dandelion roots can be powdered and roasted for use as a coffee substitute. Fresh roots steeped in hot water make an herbal tea used as a general stimulant to the digestive system, especially to the urinary organs, and is used to alleviate kidney and liver disorders.

Dandelion roots contain substantial levels of vitamins A, B-complexes, C, and D, as well as beneficial minerals such as iron, magnesium, zinc, potassium, manganese, choline, calcium and boron.

**Tea from wabino wuck  
~ Bee Balm ~  
*Monarda wabino***

Bee balm, sometimes called Oswego tea, is a member of the mint family. Tea brewed from the leaves is good for improving digestive issues, alleviating gas, poor appetite, colic, and bloating. Symptoms of nausea and vomiting are soothed.

It can also be used to lessen menstrual cramps. One can also gargle with the tea to freshen the breath.

Oswego tea can be used as a calming agent for the nerves or to relax one in preparation for sleep.

Tea from giizhik  
~ Cedar ~  
*Thuja occidentalis*



Tea from aandegobagoons  
~ Mint leaf ~  
*Mentha arvensis*



Tea from mashkiikaang  
~ Labrador tea ~  
*Rhododendron groenlandicum*



Tea from zhingob  
~ Balsam Fir ~  
*Abies balsamea*



Tea from wiigwaas  
~ Birch leaf ~  
*Betula papyrifera*



Tea from bibigwewanashk  
~ Elder flower ~  
*Sambucus canadensis*



**Tea from aandegobagoons**  
~ Mint leaf ~  
***Mentha arvensis***

Many are the benefits of peppermint leaf tea. This refreshing tea relieves an upset stomach. Its calmativie properties can leave you relaxed, release stress, and ease mental pressure.

Peppermint tea helps in aiding weight loss, reduces heartburn, induces sleep and provides satiety, further helping you to lose weight.

For a rejuvenating tea, add 5-10 leaves to a cup and add hot water. Also delicious cold.

**Tea from giizhik**  
~ Cedar ~ ***Thuja occidentalis***

The Northern White Cedar is the Tree of Life. She is one of our Four Medicines and respected as Grandmother. Cedar provides us with many gifts other than tea.

A small sprig of cedar put into a cup with hot water poured over it, is sufficient to make a delicious tea high in vitamin C and stimulate your immune system.

A chemical ingredient in Cedar, thujone, is strong medicine and in large quantities may do harm to the kidneys and liver, so it is best to drink this tea weak and drink it not too frequently.

**Tea from zhingob**  
~ Balsam Fir ~ ***Abies balsamea***

Balsam fir needles steeped in hot water make a refreshing wintertime tea. They have great medicinal value in helping to relieve the symptoms of colds. They are also high in Vitamin C.

The tea is also useful to alleviate the discomfort from asthma.

Resin from the bark of the tea has antibacterial compounds that can be applied to a wound to prevent infection.

To make the tea, add a few sprigs of balsam fir needles to a cup of hot water and steep for a few minutes.

**Tea from mashkiikaang**  
~ Labrador tea ~  
***Rhododendron groenlandicum***

To make a tea rich in Vitamin C, steep one heaping teaspoonful of leaves or flowers per cup in boiling water for 5 minutes. The color should be a clear, pale amber-orange. In addition, *mashkiikaang* can be mixed with black tea for a more aromatic drink. Many are the beneficial medicines found in this plant of the wetland bogs. Labrador tea, when spilled over the rocks in a sweat lodge, wonderfully perfumes the air.

**Be Aware:** Labrador tea can cause drowsiness. It is best to drink only dilute infusions of this tea. Like other plants in the Heath family, Labrador tea leaves contain substances that may cause adverse effects including headache, cramps, or indigestion. It also contains narcotic substances and an active oil, *ledol*, that may have a restorative effect like caffeine, but which can cause cramps and paralysis in large doses.

**Tea from bibigwewanashk**  
~ Elder flower ~  
***Sambucus canadensis***

Gathering the flowers of the Elderberry plant will take you to wet ground near the borders of forests and thickets. The shrubs are scattered in marshes and moist meadows.

Elderflower works like insulin to lower blood sugar. The flowers – and the fruits -- have antioxidant properties and an antiviral effect, which is why they are appreciated to help fight off colds and flu.

A cluster of Elder flowers can be brewed as an herbal tea. Just add hot water. The addition of some maple sugar and lemon and serving the beverage chilled makes a delicious and refreshing summer tonic.

**Tea from wiigwaas**  
~ Birch leaf ~ ***Betula papyrifera***

Many are the healing gifts from Grandfather Birch. Birch leaf tea can be highly effective at alleviating pain in the joints. Not only does it have beneficial anti-inflammatory properties that reduce swelling in the joints, but it also contains salicylate, a known natural pain reliever. Birch-leaf tea can noticeably ease discomfort in aching joints.

As a diuretic, birch tea proves to be an excellent natural remedy for maintaining the health of your kidneys and bladder. By increasing the frequency of urination, birch tea helps to flush out toxins, waste and excess fluid from the body. This is particularly useful for reducing the risk of kidney stones.

Harvest 5-10 leaves from a birch, giving thanks, put into a cup and add boiling water

Know the reason for which you need the tea. There are many herbal tea selections to try. The Creator has given us many plants to keep us strong and healthy and keep us on a good path. The plants offer us many teachings to be receptive to.

**Relaxing** - if you are trying to get some rest, prepare a tea with chamomile or lemon balm as the main ingredient.

**Uplifting** – birch leaf, peppermint, St. John's wort are ingredients to include in a blend.

**Soothing** - if you are trying to prevent or soothe a cold you'll want something with rose hips, elderberry, or balsam.

**Healing** – Many to choose from – birch, cedar, Labrador tea, Heal-all and elderflower

**Tea from wiinisiibag  
~ Wintergreen leaf ~  
*Gaultheria procumbens***



**Tea from mazaan  
~ Nettle ~ *Urtica dioica***



**Nibi - water  
Gizhaagamide nibi  
Hot water**



**Tea from baak waanaatig  
~ Staghorn sumac ~  
*Rhus typhina***



**Tea from *mawinzwaan*  
~ fresh berries ~**



**Tea from wiinisiibag  
~ Wintergreen leaf ~  
*Gaultheria procumbens***

Tea brewed from the leaves of wintergreen contain methyl salicylates, the active painkiller ingredient of aspirin, useful for relieving the symptoms of colds and headaches. The tea also helps to bring down fevers.

If you prepare a stronger brew of the tea it can be used as a gargle to freshen your breath.

A good place to find wintergreen is in along the Pinery Road Ski Trails outside of L'Anse. Remember to take only as much as you will use.



Prepared by the Keewenaw Bay  
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Natural Resources Department

*Dedicated to the protection of our  
natural resources*

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**Nibi ~ water ~**

Pure Water is the World's First and Foremost Medicine. Water is our most important drink. When we are fully hydrated, we feel less pain and have more energy.

Water is essential for the proper circulation of nutrients in the body. Water serves at the body's transportation system for delivering nutrients and flushing out toxins.

You take good care of your body by drinking lots of pure water. Drinking water also helps the skin do it's job of regulating the body's temperature through sweating.

Drinking herbal teas is an excellent way to replenish water in our bodies for vibrant health.

*"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."  
-- Kimberly Miller, Skokomish Tribe*

**Tea from mazaan  
~ Nettle ~ *Urtica dioica***

Leaves from nettle are a wonderful spring tonic. Look for them in moist forests and thickets along stream banks. Approach them gently to avoid the strong tingling sensation. Some say the sting alleviates symptoms of arthritis.

A cup of nettle tea contains about 300 mg of calcium. Nettles are also rich in minerals, which build strong connective tissue, benefitting bones, hair and nails.

Nettles can help bring the body back to a state of balance. They assist the kidneys in eliminating excess fluid, balance blood pH, and filter waste from the body. They also support liver function, which includes breaking down waste products, digesting fats, storing minerals and building healthy blood. Drinking nettle tea on a regular basis may also help to alleviate some allergies.

**Tea from mawinzwaan  
~ fresh berries ~**

Eating fresh fruits helps us to live a long and vibrant life.

Just think of this amazing place where we live and how all the fruits that are native to this place are deep blue, purple, dark red – We really do live in a land of dark fruits. This is the land of blueberries, strawberries, blackberries, thimbleberries, huckleberries, saskatoons, raspberries, hawthorns, sugar plums, and many more. Eating these delicious fruits and berries are what is best for us and helps us to celebrate our food sovereignty.

Dark fruits are good medicines for our hearts and they strengthen our blood vessels. Eating many different berries can balance blood sugar and protect us from chronic diseases.

Any of these fruits can be put in a jar of cold water to yield a subtle delicious flavor to your water. Rethink your drink!

**Tea from baak waanaatig  
~ Staghorn sumac ~  
*Rhus typhina***

You may see staghorn sumac growing on dry hillsides at the edge of the woods. The cluster of fuzzy bright red fruits and brilliant red leaves are very conspicuous in the fall.

Harvest the fruits in late summer. Soak the sumac fruits overnight in cold water, this helps retain all the beneficial vitamin C and prevents the drink from getting bitter. After soaking, strain out the fruits with cheesecloth and what is left is a tangy refreshing drink. Sweeten with a little maple sugar, and you'll have an Indigenous pink lemonade.

Malic acid gives the berries their tangy flavor and will help build your immune system.