

Berry Ice Tea

Cool Beverage for summer
Berry Flavoured Herbal tea
Hot water
Ice and/or Frozen Berries



Directions:

- 1) Place 1 cup (8 oz) of water in microwave and heat on high for 2 minutes (until boiling).
- 2) Place 1 single serve size bag of blackberry tea (or tea of your choice) in water and let steep for 8 minutes.
- 3) Fill a 16 oz or 20 oz glass with ice (depending on how strong you like your iced tea – the less ice, the stronger the flavor).
- 4) Remove the tea bag from the boiled water. Use a spoon to squeeze all of the water out of the tea bag into the cup. Pour the tea over the ice/berries.
- 5) You may want to top with a sprig of mint or a slice of lemon. Enjoy your refreshing, no-calorie drink!

Makes 1 serving. Simply increase the amount of water, ice, berries and tea bags proportionally to make more iced tea.

Berry and Mint Water

1 cup Fresh or Frozen Berries like raspberries, blueberries, blackberries
10 Leaves of Fresh Mint
Water in Jug

- 1) Add the Frozen or Fresh berries to water
- 2) Sprinkle with Mint
- 3) If not using frozen berries add ice.



The recipe is from 'Where People Feast, An Indigenous People's Cookbook, by Dolly and Annie Watts. <http://www.wherepeoplefeast.com/> Arsenal Pulp Press, 2007.



Pine Needle Tea

Use needles from Jack Pine where available – preferably the bushy, younger growth ones at the tip of the branches

4 tsp of pine needles, dried and loosely ground or fresh needles
4 cups of boiling water
Honey (optional)

- 1) In a teapot combine needles and boiling water and let steep for 10 minutes. Strain and serve
- 2) Variations: Add grated orange peel or nutmeg, cinnamon and clove

Pacific West Coast Hemlock Tea

This tall evergreen is indigenous to North America and abundant in Pacific Coastal forest. Pacific West Coast Hemlock also known as Western Hemlock or Pacific hemlock not the same as what most people know as hemlock, which is poisonous plant from Europe. Pacific West Coast Hemlock is available year round but the springtime needles make the best tea.

4 tsp Pacific West Coast Hemlock needles, dried and loosely ground
4 cups of boiling water

- 1) In a teapot combine needles and boiling water and let steep for 20 minutes. Strain and serve