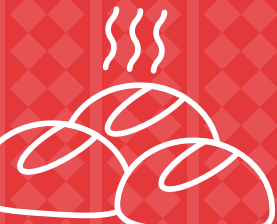


INGREDIENTS:

For one pot of tea:

2 bags of orange pekoe tea

A handful of dried wild
mint



RECIPE: Campfire Mint Tea



FROM THE KITCHEN OF: *Elder Terry Marten*

DIRECTIONS:

Wild mint grows on the riverbanks and has a nice, sweet aroma. Boil water in a teapot over an open fire and add the tea bags and a handful of wild Mint and let it steep to your desired flavour. Pour into your favorite cup and enjoy.

Please talk to your local elders for help and direction on harvesting wild mint for tea, so you can respectfully harvest following protocol.

