

Tea recipes

OTI • ANIIBIISH

Harvesting our Strengths
Sowing our Successes



Ontario Native Women's Association (ONWA)

DEDICATION

This tea book is dedicated to honour all who have worked towards the health and well-being of Indigenous women and their families.

ACKNOWLEDGEMENT

Gerry Martin is a student of traditional Indigenous Healing methods. He is a son, father, grandfather and great-grandfather who follows his destiny and enjoys life to the fullest.

CHI MIIGWETCH for sharing your knowledge and assisting us in the development of this project.

MEDICAL DISCLAIMER:

The information contained in this book is not intended to replace the advice of a physician. It is merely a guide with recommendations for personal use. You should always follow the advice of a licensed practitioner.

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October: Falling Leaves Moon

The tenth moon of Creation is the Falling Leaves Moon, a time when Mother Earth is honoured with the grandest of colours. As all of Creation makes their offerings to her, we become aware of all the miracles of Creation before us and our spiritual energies are once again awakened.

~Thirteen Grandmother Moon teaching by Arlene Barry,
from her series of compiled teachings.

Art by Jordis Duke © Ontario Native Women's Association 2020

About Tea

Medicinal plants have always held a meaningful significance in the lives of the Anishnawbe people. Numerous varieties of herb plants are harvested for their healing properties and used in teas for the alleviation and cure of various ailments.

Traditional tea recipes have been passed down from generation to generation for the wealth of healing and knowledge that they provide. Let us always be thankful for the sacred gifts from the Creator and the bounty Mother Earth provides.

Cedar Tea

1 litre of boiling water

Palm size amount of cedar boiled on the stove for 10 minutes

For added flavour add:

5 or 6 Mint leaves

A teaspoon per glass of Maple Syrup or Honey

*Used for cleansing, purification
and energy*

Elixir Tea

The Cedar acts as an astringent to cleanse the bacteria and high concentrations of Vitamin C to boost the immune system in the Rose hip and whichever fruit is available.

1 litre of boiling water

Palm size amount of Cedar

4 to 6 Rose hips- skin and seeds

Teaspoon of Orange, Grapefruit, or Tangerine zest

Combine the cedar, with crushed rose hips and the skin from the fruit and let steep for 10 minutes

Used to boost the immune system

Calming Tea



1 litre of boiling water

Handful of Birch leaves
with no yellowing

3 or 4 Red Clover blossoms

Crush finely and let steep
for 10 minutes

*Birch leaves have
a calming effect*



Elder's Tea

1 litre of boiling water

4 to 6 Rose Hips (crushed finely with the seeds and skin)

4 to 6 Labrador leaves

4 to 6 Birch leaves

Palm size amount of Mint
for flavour or Maple Syrup
or Honey

Crush all the ingredients
finely and let steep for 10 minutes

Very Berry Tea

1 litre of boiling water

Palm size of each of the following leaves or roots:

Strawberry

Blueberry

Raspberry

Cranberries

Crushed finely and placed in a tea pot or a tea infuser a let steep for 10 minutes or so.



Labrador Tea

1 litre of boiling water

5 or 6 Labrador Tea leaves
crushed up fine

5 or 6 Mint leaves for
flavour or Maple
syrup or Honey

*It is used to
balance ph
levels and to
treat a cold*



Black Willow Bark Tea

This tea has the natural medicinal ingredient ASA, also known as Aspirin. This tea acts as a natural blood thinner.

1 litre of boiling water

Palm size amount of the Black Willow leaves, roots, or bark.

Crush ingredients as best as you can and boil for 10 minutes.

A close-up photograph of several vibrant green mint leaves. The leaves are covered in numerous small, clear water droplets that catch the light, giving them a glistening appearance. The background is a soft, out-of-focus green, creating a monochromatic and fresh aesthetic.

Mint Tea

The mint herb is a natural diuretic that cleanses your urinary tract.

1 litre of boiling water

Palm size amount of fresh Mint leaves crushed finely

Boiled for 5 minutes

Sacred Blend

These three sacred herbs bless us with a healing sense of communion, tranquillity and focus. Their power brings us many healing qualities, as well as a deep sense of tranquility, calm and focus.

1 litre of boiling water

Add a palm size amount of each:

WHITE PINE

SWEET GRASS

SAGE



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