

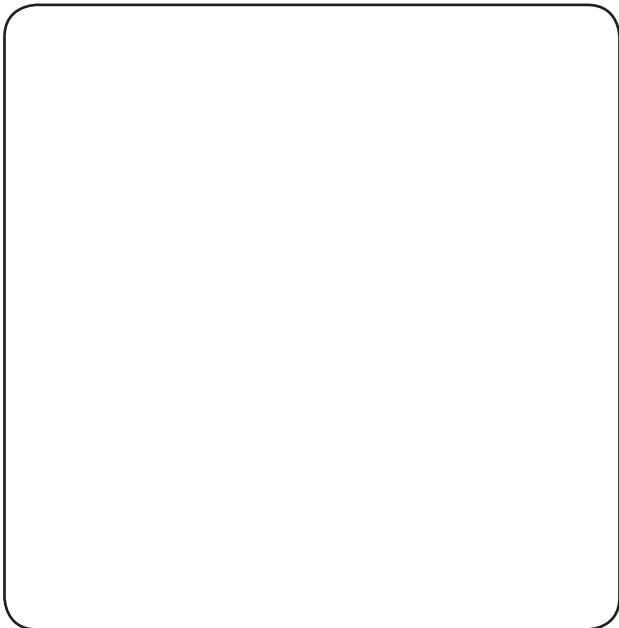
WILD TEA FACT SHEET

NAMES FOR THE PLANT

Local First Nations Name

Common Name

Scientific Name



Picture of plant

HABITAT

Where does this plant live?

HARVESTING

When is the best time of year to pick it?

PREPARATION

How can you make tea with this plant?

BENEFICIAL PROPERTIES

What are some good health and nutritional properties?

WARNINGS

What are some things to be careful of when using this plant?

OTHER USES

What are other ways this plant can be use?