

CREATING MEDICINAL TEAS



Student Activity: Herbal Tea Sampling

Items needed:

- Fresh or dried herbs
- Tea strainer
- Measuring spoons and cup measure
- Boiling water and tea pot
- Heat resistant cups to drink from

If you couldn't gather any of the herbs on a nature walk or hike then you might be able to find some of them at a natural foods store or be able to order them online.

Mkedémen jibek - Blackberry root

The root-bark and the leaves for the blackberry bush are used medicinally and have been found to be antioxidant, anti-inflammatory, astringent, diuretic, used for healing wounds and can be invigorating. They make an excellent alternative medicine for a variety of ailments.

Mzan - Nettle leaf

Nettles are an amazing plant! Nettles have a high level of protein that is easily digested. They also contain plant chemicals called polyphenols which are powerful compounds that play an important role in preventing and managing aspects of diabetes, obesity, cancer and heart disease. Nettles are also high in antioxidants. Nettles have historically been used to treat pain and sore muscles, especially related to arthritis.

Owesa'wenoké - Goldenrod

Goldenrod is good for respiratory conditions like coughs and colds. Its good anti-allergy herb especially in Autumn. It has healing properties for bites, stings, cuts and other skin conditions. For this purpose, you would make a poultice and apply to the affected area. Goldenrod is also a good detoxifier and good for joint pains.

Licorice Root Tea

Add 2 tbsp. of licorice root to 1 cup of water. Or add a pinch of licorice to another tea blend for your ailment to boost its flavor.

Caution: Do not drink more than a cup of licorice tea at a time. It can lead to many problems including high blood pressure.

Blackberry Root Tea

Add 1 tsp powdered root to 8 oz of boiling water and steep for 10 -15 minutes. Drink three cups a day.

Goldenrod Tea

Add 2-3 goldenrod sprigs or 2-3 tsp dried goldenrod to 4 cups of boiling water. Steep for 10 minutes.



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