

CALIFORNIA INDIAN TRADITIONAL DRINKS

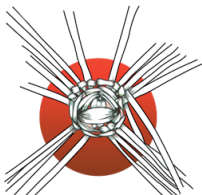


RE-CONNECTING TO ANCESTRAL BEVERAGES

Traditionally California tribes have used their vast knowledge and relationship with their traditional homelands to boost their health and wellness. Part of that health and wellness comes from the numerous positive health benefits that various traditional plants bring and the medicine they have to offer to us. As American culture relies on modern sugary drinks and beverages, Native communities turn to traditional teas to quench our thirst and meet the needs of our health.

Please note that every tribe and culture has traditional teas and medicine their ancestors turned to for their health as well. In this guide, we share a few traditional tea combinations that were shared with us by our Native community.

Please strive to utilize plants that are free of pesticides. We recommend organic and ethically harvested sources. If you gather your own medicine for these teas please also ensure to follow the cultural protocols of the region.



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ROSEHIP & HONEY TEA

This delicious combination of tea mixes the perfect blend of sweet and tart.

Traditionally this tea is utilized in the winter months when the immune system needs an extra boost. It is recommended to drink when you are seeking to recover from a cold. Add honey as desired.

Health Benefits:

- A great source of vitamin C
- Boosts your immune system
- High in vitamin A
- Rich in antioxidants (Healthline & Pearce)

Ingredients:

- 1 teaspoon of dried rosehips
- 1 cup of water
- Add honey to taste

Instructions:

Brew 1 teaspoon of dried herbs per 1 cup of water for 10-20 minutes.

Serves: 2

Prep Time: 15 Minutes

Serving Size: 1 Cup

Cook Time: 35 Minutes

Nutrition Information Per Serving:

0 Calories per serving, 0g of sugar, 0mg of sodium, 0g carbohydrates, 0g fiber, 0g protein, 0g fat.



ELDERBERRY FLOWER TEA

This tea combination adds to its counterparts of tea mixes mentioned above, as it is known traditionally to support you in recovering from flu symptoms.

This tea highlights a culturally significant plant, the elderberry. The flowers are the complete highlight of this tea.

Health Benefits:

- Boosts your immune system
- Can help fight colds
- Rich in antioxidants and more when combined with elderberries (Healthline & Pearce)

Ingredients:

- 1 teaspoon of dried elderberry flowers
- 1 cup of water

Instructions:

Brew 1 teaspoon of dried herbs per 1 cup of water for 10-20 minutes.

Serves: 2

Prep Time: 15 Minutes

Serving Size: 1 Cup

Cook Time: 35 Minutes

Nutrition Information Per Serving:

0 Calories per serving, 0g of sugar, 0mg of sodium, 0g carbohydrates, 0g fiber, 0g protein, 0g fat.



DRIED MANZANITA FLOWERS & ELDERBERRY TEA

This tea combination adds to its counterparts of tea mixes mentioned above, as it is known traditionally to support you in recovering from flu symptoms.

This tea highlights a culturally significant plant, the elderberry. The flowers are the complete highlight of this tea.

Health Benefits:

- Boosts your immune system
- Can help fight colds
- Rich in antioxidants and more when combined with elderberries (Healthline & Pearce)

Ingredients:

- 1 teaspoon of dried manzanita flowers
- 1 teaspoon of dried elderberry
- 1 cup of water

Instructions:

Brew 1 teaspoon of dried berries per 1 cup of water for 10-20 minutes.

Serves: 2

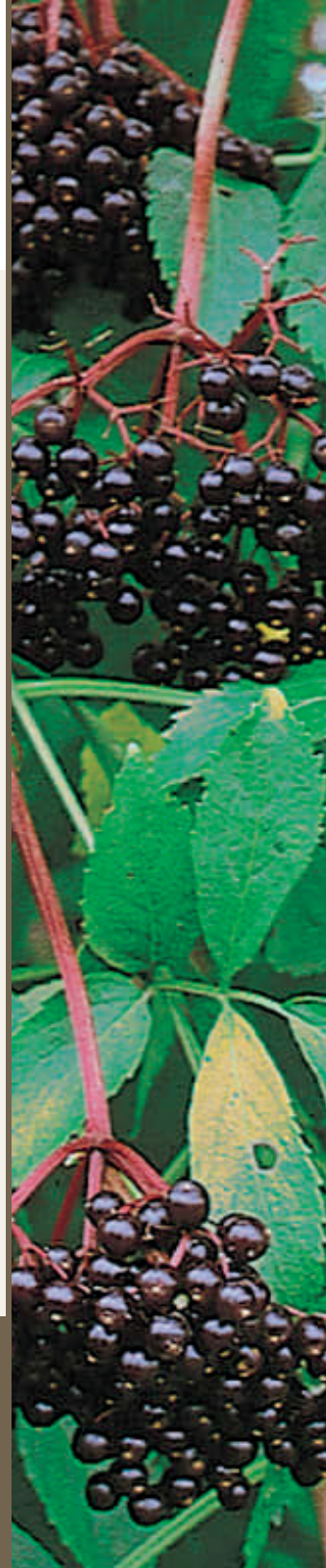
Prep Time: 15 Minutes

Serving Size: 1 Cup

Cook Time: 35 Minutes

Nutrition Information Per Serving:

0 Calories per serving, 0g of sugar, 0mg of sodium, 0g carbohydrates, 0g fiber, 0g protein, 0g fat.



PINE TEA

This strong tea is a great one to add to your arsenal of teas that support your immune system health. Its wide availability makes it easy to access.

This tea highlights a traditional plant famous for its pine cones, but the highlight of the tea centers on fresh spring tips.

Health Benefits:

- High in vitamin A
- High in vitamin C
- High in antioxidants
- Boosts your immune system (Seven Generations & Pearce)

Ingredients:

- 1 teaspoon of dried pine
- 1 cup of water

Instructions:

Brew 1 teaspoon of dried herbs per 1 cup of water for 10–20 minutes.

Serves: 2

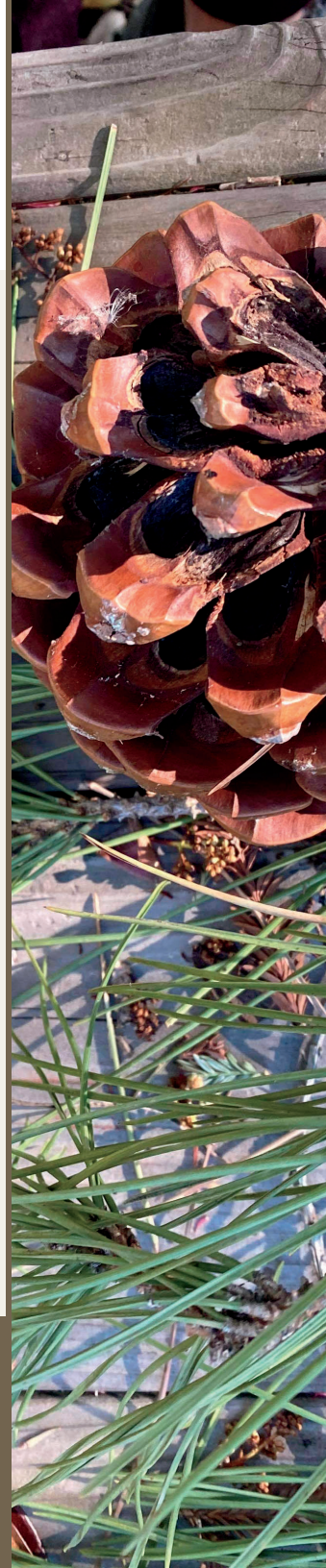
Prep Time: 15 Minutes

Serving Size: 1 Cup

Cook Time: 35 Minutes

Nutrition Information Per Serving:

0 Calories per serving, 0g of sugar, 0mg of sodium, 0g carbohydrates, 0g fiber, 0g protein, 0g fat.



CEDAR TEA

This tea has a beautiful light flavor, to enhance its rich flavor add a stick of cinnamon. Not only is this plant known as a spiritual plant, but it's seen as a medicine that provides continuous support for lung health. As the leaves give us a hint as to what they are meant to support.

This tea highlights a popular plant used for medicine by numerous tribes across the U.S. This plant is widely known for its immune-boosting health benefits.

Health Benefits:

- High in vitamin A
- High in vitamin C
- Anti-inflammatory properties
- Anti-microbial properties (Seven Generations & Pearce)

Ingredients:

- 1 teaspoon of dried cedar
- 1 cup of water

Instructions:

Brew 1 teaspoon of dried herbs per 1 cup of water for 10-20 minutes.

Serves: 2

Prep Time: 15 Minutes

Serving Size: 1 Cup

Cook Time: 35 Minutes

Nutrition Information Per Serving:

0 Calories per serving, 0g of sugar, 0mg of sodium, 0g carbohydrates, 0g fiber, 0g protein, 0g fat.



TIPS

CONSIDERATIONS WHEN MAKING THESE NUTRITIOUS BEVERAGES

It is always important to acknowledge that the associated health benefits of these plants need to be taken into the consideration with one's pre-existing health issues. Because they may have negative health interactions with one's health. If you are unsure about these interactions always consult with your healthcare provider to avoid potential negative impacts. For example, some plants should not be taken internally if one has certain underlying health conditions or is taking certain medications.

The information presented in this guide is meant to honor the teachings and medicines of tribal communities by centering traditional healthy drinks. Always ensure to follow the cultural gathering protocols of your region before harvesting your own medicinal plants for your teas. In addition, ensure to properly identify the plant to avoid adverse health reactions by ingesting other plants.

PLEASE RESEARCH SOURCES WHERE YOU CAN ETHICALLY PURCHASE PLANTS LISTED IN THIS GUIDE.



SOURCES

- Rosehip health benefits:
8 Surprising Health Benefits of Rosehip Tea (healthline.com)

CIMCC Community Traditional Medicine
Presentation by: Corine Pearce

- Honey Health Benefits:
The Top 6 Raw Honey Benefits: Fights Infection, Heals Wounds, and More (healthline.com)

- Elderberry Health Benefits:
The Pros and Cons of Elderberry (healthline.com)

CIMCC Community Traditional Medicine
Presentation by: Corine Pearce

- Manzanita Health Benefits:
CIMCC Community Traditional Medicine
Presentation by: Corine Pearce

- Pine Health Benefits:
How to make cedar tea | Seven Generations Education Institute (7generations.org)

CIMCC Community Traditional Medicine
Presentation by: Corine Pearce

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