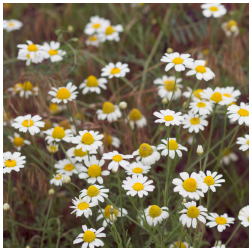
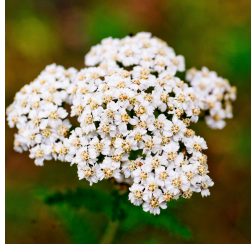


Forest Tea Plant ID

	Wild Mint (native)	Calming, helps with digestion, headache, and cooling the body
	Goldenrod (native)	Supports kidney and urinary health, helps with allergies and inflammation
	Chamomile (naturalized)	Calming and relaxing, supports sleep, helps with stomach aches, indigestion, and mild inflammation
	Red Clover (naturalized)	Supports hormone balance, cleansing, and gentle detox
	Rose Hips (native)	High in vitamin C, supports immunity, can soothe sore throats

Forest Tea Plant ID

	Raspberry Leaf (native)	Supports reproductive health, can help with cramps, digestive issues
	Cedar (native)	One of four sacred medicines. Often used in ceremony. Helps clear sinuses and support the immune system
	Anise Hyssop (native)	Calming, uplifting, digestion, sore throats, antimicrobial and mild expectorant
	Pineapple- weed (naturalized)	Calming, supports sleep and digestion. Related to chamomile
	Yarrow (native)	Fever relief, reduces inflammation, supports circulation