

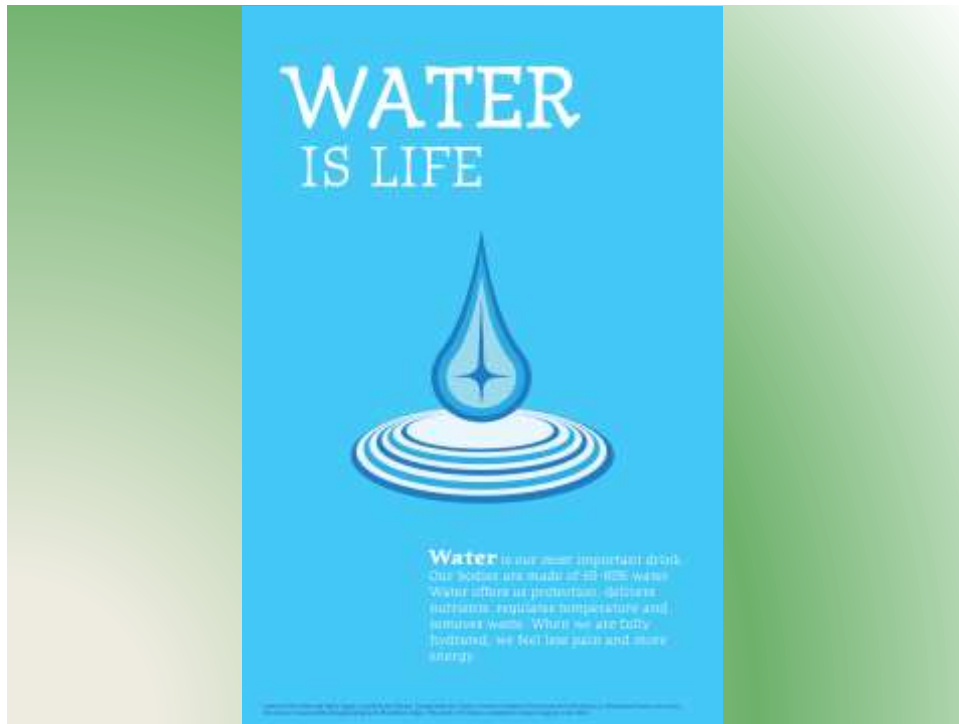
NATIVE INFUSION

Rethink Your Drink

A Toolkit on Traditional Beverages
Valerie Segrest and Elise Krohn



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Water is one of our most important spiritual medicines. The morning dew from the sword fern, the rain and even the water we drink every day can purify and cleanse us. Water is precious and you have to ask for its healing.

-Kimberley Miller Skokomish

Water and our Body

- Water makes up 60-70% of the body's weight
- Many essential roles for our mind, body and spirit.
 - Carries nutrients
 - Removes waste
 - Cools the body (sweat)
 - Digests food
 - Repairs and replacement of old tissue
 - Cushion for the organs and joints



Colonial Impacts on Water


- Reduced control and access to water
- Disrupted management practices and vast pollution
- Mistrust of water supply





You can dry your own spring nettles to make tea.
 Harvest in a clean area before the plant flowers.
 Hang to dry or dry in baskets, then remove the stems.
 Dried nettles will last about 1 year.
 They can also be used as a seasoning.





Evergreen tree tips from Douglas fir, hemlock, spruce and true fir trees are the original thirst quenchers. In springtime limey green new growth emerges at the end of branches. Snack on them fresh or make them into tea to recharge and be your best.

BE RESILIENT

Evergreen tree tip tea

Nature's Gatorade

Tips from spruce, fir and hemlock



High in vitamin C & electrolytes.
Delicious hot or cold.
Try serving as lemonade



FOOD IS OUR MEDICINE



Huckleberry helps us to live a long and vibrant life. The deep blue, purple or red berries are medicine for our hearts and are said to contain the blood of the earth. Dried huckleberry leaf tea balances blood sugar and protects us from chronic diseases.



Berry teas are excellent for diabetes & heart health

They contain antioxidants, vitamins and minerals. Examples are huckleberry, blueberry, blackberry, raspberry, rosehips, salal, salmon berry and strawberry.



TASTE THE SEASON



Wild Strawberries remind us to embrace and savor the moment. These berries might be small but their burst of flavor brings joy to all who taste them. Pick them in fields and forests during the height of summer. Try making flavored water by adding strawberries, citrus fruits and aromatic herbs to your water bottle!



Strawberries are delicious infused in water.

Try mixing them with citrus fruit, evergreen tree tips, mint or other herbs for a refreshing beverage.



Berry leaves including huckleberry, strawberry & raspberry are high in minerals and antioxidants.

PROTECT WHAT YOU LOVE



Wild Rose helps us remember what is precious and to keep it safe from harm. The sweet smelling flowers soothe irritation, heal wounds and add delicious flavor to food and drinks. In fall, flowers become rose hips, which strengthen our heart and contain Vitamin C that shields us from illness.

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Rosehips are high in Vitamin C and antioxidants that support immune health and protect us from chronic diseases.

What we are up against: the marketing



Food, drink and
snack industries
spent

**1,178 times
more**

on advertising than
the government's 5
A day campaign.





If you drink 1 can of soda a day, you will increase your weight by 5 pounds a year.

This is who drinks soda every day:





of tsp of sugar a **teen** gets/day from soda alone: **10-15 tsp**

Having 1 can a soda per day increases a child's risk of developing **diabetes by 60%**

Health Concerns

- Dental caries and extractions
- Poor nutrition
- Iron deficiency
- Low food intake
- Increased weight
- Low energy
- Chronic health diseases
- Poor ability to concentrate



When is Food the Medicine?

Medicine Tea

0 mins of
walking



Iced Cap

48 mins of walking



Flavored Latte

63 mins of walking



Valerie Segrest introducing berry tea at a Muckleshoot community event



*You need to try a new food or
drink 6 times before you decide
whether you like it or not.
Our bodies will begin to crave
the things we need, but we
have to develop a relationship
with them first.*

Skokomish elder, Gerald Bruce Miller
(subiyay)

Setting up a Healthy Drink Station





Beverage training at a Squaxin Island youth event. Participants learned about the amount of sugar in drinks and tried flavored waters and teas.

Tips for setting up a healthy drink station

- Make it fun and self serve
- Encourage a taste of each
- Set the tone that drinks will taste different without the sugar
- Explain they are made from plants
- Thank people for being courageous
- Display harvested and store bought tea options
- Have recipes and flavored water
- Have a tasting panel



*What are your favorite
traditional beverages?*



Artwork by Roger Fernandes

Native Infusion Training for Educators

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