



Kwe-Kwe and Chi Miigwetch for purchasing the Summer Solstice Indigenous Festival Traditional Tea workshop with Paul Owl.

Here are a few notes to help you with your workshop. We welcome you to tune in and follow along with Paul, however, if you miss it, the video will be available on YouTube. Check the Summer Solstice website or Facebook for links.

Cedar Mint Tea

As Paul mentions you can boil equal parts of cedar and mint in water, or adjust the ratios to your tastes. You have been provided with enough tea to make at least a pot or more! Don't forget to add those mint stems which are full of flavour! Bring water to a boil, add the ingredients and simmer until the cedar turns dull. Strain and enjoy hot or let it cool and add some ice for a refreshing iced tea.

Cedar Wildberry Chai

Each one of your spices is individually packaged for your mixing pleasure. As Paul mentions a 1:1 ratio is recommended but you can adjust the spices to your taste. Allow the mixture to steep in hot water for a few minutes. This beverage is delicious served warm but is even better as a tangy, spicy iced summer treat.

Cedar Coffee Cream

You have been provided with powdered milk to enjoy your coffee with, however, if you have preferred milk, cream or milk alternative at home, feel free to use that! This beverage is best served cold with lots of ice.

All teas can be flavoured with your choice of at-home sweeteners, we recommend honey or maple syrup!

Miigwetch for your support of the Summer Solstice Indigenous Festival Virtual Edition pt. 2. We hope to see you all next year!

