

SUSTAINABLY HARVESTED IN ALBERTA + DRIED NATURALLY + CAFFINE FREE

HERBAL TEA MIX

FIREWEED - CANADA MINT - WILD RASPBERRY

RICH IN ANTIOXIDANTS + ANTI-INFLAMMATORY PROPERTIES
IMPROVE DIGESTIVE SYSTEM PROMOTING FAT LOSS & CIRCULATORY IMMUNE FUNCTION
REGULATE HORMONES + REDUCE MENSTRAL CRAMPS + INSOMNIA + STRESS RELIEF
REGENERATIVE COLLAGEN PRODUCTION + IRON, MAGNESIUM, VITAMIN C

2 TEA BAGS \$10

BIODEGRADABLE UNBLEACHED
NET WEIGHT 6 GRAMS EACH

4 TEA BAGS \$15

BIODEGRADABLE UNBLEACHED HEMP
NET WEIGHT 6 GRAMS EACH

LOOSE LEAF \$20

NET WEIGHT 28.5 GRAMS

GST INCLUDED IN PURCHASE
PRICE ALL SALES ARE FINAL
NO RETURNS

INSTUCTIONS

1 TBLS (2 GRAMS) TO 8-12
OUNCES OF BOILING HOT WATER
FOR 10-20MIN

STRONG BREW

6 TBLS TO 16 OUNCES FOR 20MIN
WITH A TOUCH OF HONEY

COLD BREW

REFRESHING ON ICE WITH
SWEETNER OF CHOICE

IMPORTANT DISCLAIMER: INFORMATION AND STATEMENTS ABOVE ARE FOR EDUCATION PURPOSES ONLY. PRODUCT HAS NOT BEEN EVALUATED OR APPROVED BY THE CFIS OR FDA. THEY ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. **WARNING:** KEEP OUT OF REACH OF CHILDREN. WOMEN WHO ARE PREGNANT, NURSING, DIABETICS, HYPOGLYCEMICS, AND PEOPLE WITH KNOWN MEDICAL CONDITIONS AND/OR TAKING MEDICATIONS SHOULD CONSULT WITH A LICENSED HEALTH CARE PRACTITIONER BEFORE USING HERBAL PRODUCTS. **PLEASE CHECK FOR ALLERGIES**

FIREWEED

Epilobium angustifolium

ONARACEAE Willow Herb or Evening Primrose, characterized by flowers with four sepals and petals



STEM

Reddish, erect, smooth growing up to 8ft in height

LEAF

Alternate, prominent midrib with secondary veins that do not touch outer leaf

FLOWER

Inflorescence raceme that blooms from bottom to top, four magenta to pink petals and four narrower pink sepals behind

FRUIT

Long pod like capsule splits, 80,000 seed per plant, with silky hairs to aid wind dispersal



STAY WILD
West Country



FORAGING WORKSHOP SCHEDULE

CONTINUE YOUR PLANT IDENTIFICATION KNOWLEDGE WITH ADDITIONAL RESEARCH, USING LATIN NAMES AND MULTIPLE SOURCES. YOU WILL BE PROVIDED WITH A LIST OF FORGEABLE EDIBLE AND MEDICINAL PLANTS VIA EMAIL AFTER THE WORKSHOP, ALONG WITH SUGGESTED RESOURCES. STAY WILD IS ONLY ONE STOP IN YOUR FORAGING JOURNEY AND IS NOT LIABLE FOR ANY FORAGING MISHAPS.

staywildwc.com

(587) 444 0858

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CANADA MINT

Mentha avense var. *canadensis*

LAMIACEAE Mint are aromatic, almost exclusively perennial herbs **SQUARE STEM** when rolled between fingers



STEM

Hairy, with underground creeping rhizome and upright shoots, grows to 18 inches tall

LEAF

Oval-shaped, opposite pairs, short stalk and wedged off stem, hairy surface

FLOWER

Bluish/violet with 10-30 per bract upper leaf axils, bloom in July and August

FRUIT

Has 2 seeds



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WILD RASPBERRY

Rubus idaeus

ROSACEAE Rose, woody trees, shrubs
climbers or herbaceous plants, very large
family with 6+ subfamilies, generally
deciduous and bear fruit



STEM

1st year unbranched to full height
1.5-2.5 meters, 2nd year does not
get taller but produces several
side shoots

LEAF

1st year growth large pinnately
compound 5-7 leaflets, 2nd year
smaller 3-5 leaflets

FLOWER

2nd year, late spring, white with
5 petals

FRUIT

Red, edible and sweet but tart
flavours in late summer autumn



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