**Blends from the Land**

**Suggested Indigenous Plants**

Horsetail

Rosehip

Yarrow Flowers/Yarrow Root

Milk Thistle

Dandelion Root

Juniper Berry

Mullein

Elderberry

Elderflower

Nettle

Hibiscus

Blackberry Leaf

Raspberry Leaf

Birch Bark

**Premade Blends (David’s Tea)**

Strawberry Rhubarb Parfait

Blueberry Jam

Just Peachy

Serenity Now

Bear Trap

**Recommended additions for blending**

White Tea

Mint

Fireweed

**Retail options for purchase:**

Galloways (New Westminster)

David’s Tea

West Coast Gardens (live plant purchase/order)

Mountain Rose Herbs (online)