CAA MĄĄ HINAǦO WIIRA
October: Deer Pawíng Moon

HARVEST OF THE MONTH

Waax nįįtasjak na'ap
(Cedar Tea)

ABOUT CEDAR

- White Cedar (Thuja occidentalis) tea has been used to prevent and treat illness, like cold, flu, upset stomach.
- Like other conifers, cedar trees can contain Vitamin C, depending on location and the time of year.
- Cedar tea is comparable to other teas, with 0-5 calories per cup.
- White cedar is native to North America and can be found near wetland areas of northern Wisconsin.
- Cedar leaves can be dried in late summer to be used in the winter months.

SOMETHING TO REMEMBER

- Be careful with how much cedar tea you drink because cedar contains chemicals called "Thujones".
- Thujones can cause seizures and have other negative effects if consumed in large amounts.
- One should drink no more than 3 cups per week.
- Pregnant and nursing women should avoid cedar tea to be safe, as well as if you have problems with your kidneys.

CEDAR TEA

Serves 1
Ingredients:
- White or Red Cedar leaves, equal to 1 cup
- 2 & 1/2 to 3 cups of water
- Maple syrup, honey, or other sweetener (optional)

Steps:
- Rinse cedar leaves to clean any visible dirt or grime from them.
- Chop them into 2-3 inch pieces.
- Measure out 2 & 1/2 cups water and add it to a pot with the cedar leaves.
- Boil the water, then reduce heat and simmer for 5-10 minutes (the tea should have a golden brown color).
- Strain the leaves from the tea.
- Add 1/2 tablespoon of sweetener if you prefer.

For more Information Contact a HCN Registered Dietitian/Nutritionist:

BRF, TOMAH, WITTENBERG AREAS:
(888) 685-4422, EXT. 35335
BRF, LA CROSSE AREAS:
(888) 685-4422, EXT. 35340
DELLS, NEKOOSA, MADISON AREAS:
(888) 552-7889, EXT. 35554

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HCN HEALTH & WELLNESS DIV.
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