

HUꞤ WIHIRAAGNIꞤRA  
February: Last Bear Moon

## HARVEST OF THE MONTH

WašjꞤkꞤꞤ (Wintergreen)

### ABOUT WINTERGREEN

- Wintergreen tea is an indigenous Ho-Chunk tea.
- Most commonly seen in the US and Canada, wintergreen is native to the forests of North America.
- The leaves have a distinctive wintergreen smell, and they may have white, tear-shaped flowers, or red berries. The berries are edible.
- Wintergreen said to have anti-inflammatory properties.
- When gathering, make sure you have permission and that you only take what you need. Avoid areas that have been treated with chemicals. Be sure you can positively identify the plant.

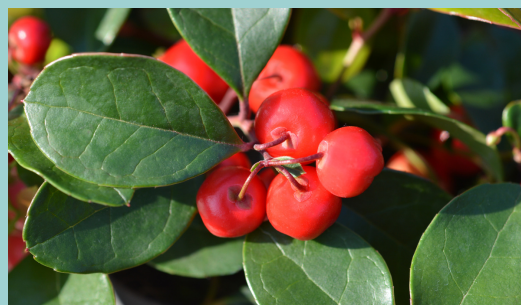


### WINTERGREEN TEA

A Tea for All Seasons

#### Steps:

- Boil water. Turn off heat.
- Place washed, chopped fresh or dried leaves in hot water.
- Allow to steep as long as desired.
- Strain leaves. The tea will be clear.
- Enjoy!



#### Safety:

Research is limited on wintergreen. It has properties similar to aspirin. If used in small amounts in foods, it is likely safe. Wintergreen may cause an allergic reaction in people who are allergic to aspirin or other salicylates. It may also interact with blood thinners such as Warfarin (Coumadin). Avoid using Wintergreen oil.

For more Information Contact a HCN  
Registered Dietitian/ Nutritionist:

BRF, TOMAH, WITTENBERG AREAS:  
(888) 685-4422, EXT. 35335  
BRF, LA CROSSE AREAS:  
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HCN HEALTH & WELLNESS DIV.  
<http://health.ho-chunk.com/>



<https://www.drugs.com/npp/wintergreen.html>  
<https://mbgna.umich.edu/native-plant-of-the-week-american-wintergreen/>