**Rose Hip Tea**

4-6 Tbsp. dried rose hips*
8-10 cups water
2-4 Tbsp. Honey
(optional pinch of mint)

Combine rose hips and water. Slowly heat to a simmer. Hold at just below boiling and simmer for 15 minutes. Turn off heat, add honey and optional mint and let cool. Serve warm or cold.

*Available from natural foods stores or field collected (remove seeds and dry, or use fresh).

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How-to-do Activity: Seeds for People

Provide enough food and drink for each student to have a small taste, as budget allows. Natural food stores and warehouse stores have good prices on many of these choices.

- Dried sweetened cranberries
- Dried strawberries (substitute with dried blueberries or fruit rollups)
- Hazelnuts or filberts
- Pine nuts
- Wicker picnic plate tray (or any plate) lined with big leaf maple leaves
- Hazelnut crackers
- Cran-raspberry juice
- Dried sweetened cranberries