**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 and 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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**Food for Snack Plates**

- **Dried sweetened cranberries**
- **Dried strawberries** (substitute with dried blueberries, or fruit rollups)
- **Cran-raspberry juice**
- **Hazelnut crackers** (also good for serving with smoked salmon)
- **Pine nuts**
- **Wicker picnic plate tray lined with big leaf maple leaves, or other plate**
- **Hazelnuts or filberts**