

BREWING INSTRUCTIONS

6 WEEK SUPPLY

SUPPLIES NEEDED

- ✦ 2½ - 40 oz. sterilized amber bottles with lids
Motts apple or prune juice bottles work great. Clear glass may be used but must be stored in brown bags
- ✦ 1 gallon distilled or spring water
- ✦ Stainless steel or plastic funnel, ladle, spoon & strainer
- ✦ large stainless steel pot (2-3 gal.)

METHOD

- ✦ Bring one gallon of water to a rolling boil.
- ✦ Pour in the entire bag of herbs and boil hard for 10 minutes with lid on, adjust heat as necessary.
- ✦ Remove from heat and allow to cool covered. (10-12 hours)
- ✦ Return tea to stove, stir well and heat with lid on just to boiling point. (tea is very light sensitive)
- ✦ Strain and pour into sterile bottles while hot.
- ✦ Seal and store in cool dark place or refrigerator (bottle must be refrigerated after opening)

DIRECTIONS FOR USE

As a Preventative / Anti-toxin

Heat 2 oz. of water, pour in 2 oz. of cold tea, stir and drink

As a Treatment for Ailments

Follow above directions, but take tea twice daily.

NOTE

Ojibwa Tea should be taken on an empty stomach 1 hour before or after eating.

Ojibwa Tea contains no preservatives
If mold should develop in the bottle, discard!
Unopened prepared tea has a shelf life of one year.

Opened refrigerated bottles have a shelf life of one month

BREWING INSTRUCTIONS

3 MONTH SUPPLY

SUPPLIES NEEDED

- ✦ 5- 40 oz. sterilized amber bottles with lids
Motts apple or prune juice bottles work great. Clear glass may be used but must be stored in brown bags
- ✦ 2 gallon distilled or spring water
- ✦ Stainless steel or plastic funnel, ladle, spoon & strainer
- ✦ Large stainless steel pot (3-4 gal.)

METHOD

- ✦ Bring two gallons of water to a rolling boil.
- ✦ Pour in the entire bag of herbs and boil hard for 10 minutes with lid on, adjust heat as necessary.
- ✦ Remove from heat and allow to cool covered. (10-12 hours)
- ✦ Return tea to stove, stir well and heat with lid on just to boiling point. (tea is very light sensitive)
- ✦ Strain and pour into sterile bottles while hot.
- ✦ Seal and store in cool dark place or refrigerator (bottle must be refrigerated after opening)

TO MAKE 1/2 RECIPE

Shake bag, use 1-1/4 cups of herbs to 1 gallon of distilled water and follow the same directions. Store remaining herbs in a cool dark dry place.

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