



Harvest of the Month

HERBS

HERBAL TEA -

Cedar can be used to create an aromatic tea.



DID YOU KNOW -

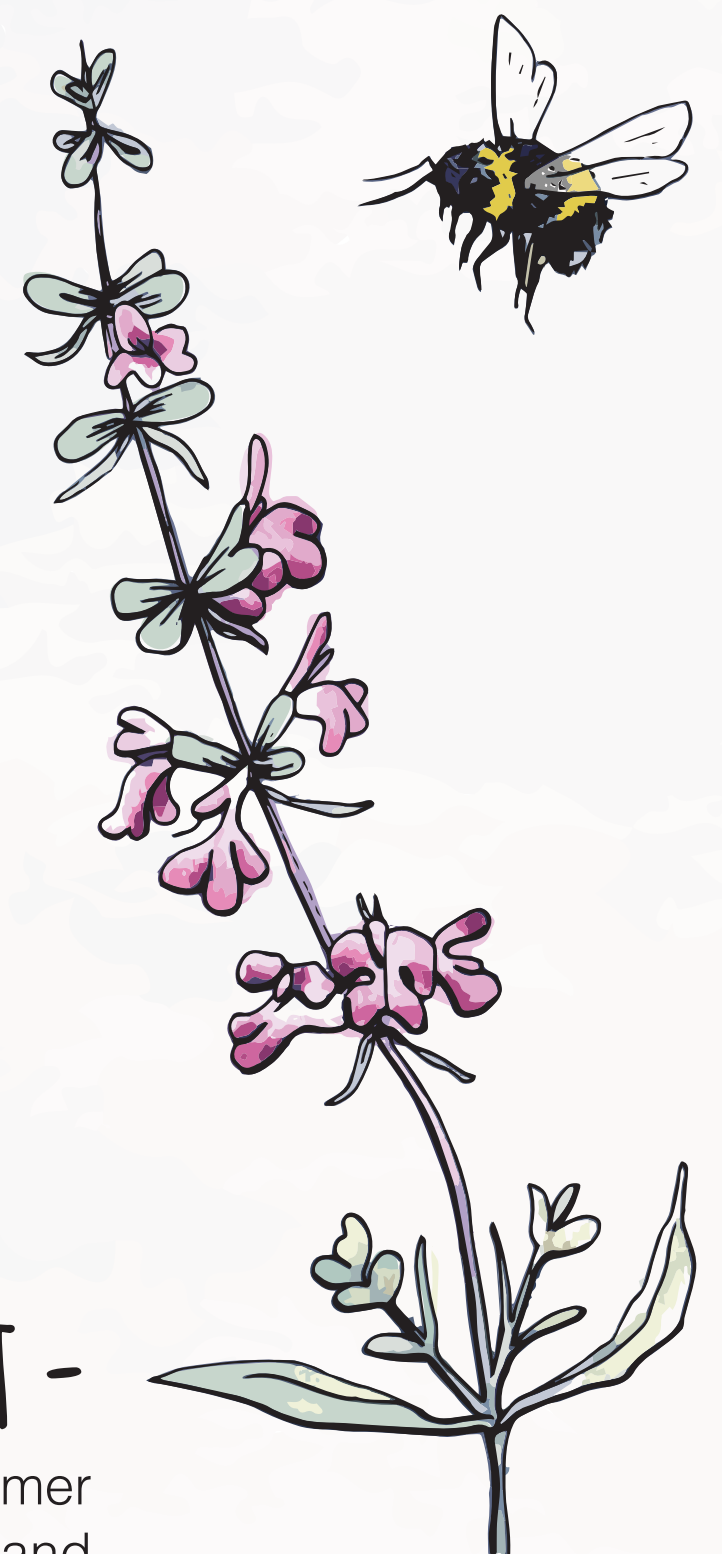
Indigenous peoples often used sage in a spiritual context for healing and cleansing properties during ceremonies and spiritual purification.

LEARN TO SAY -

Pezi H'ota (sage): Lakota and Dakota

Pezhe xu'de (sage): Umo'ho' and Ponca

Xaąwısgara wirotapąnā hii (sage): HoChunk



A SPRINGTIME DELIGHT -

Harvest sage in the spring and summer when the plants are actively growing and before the plant goes to flower.



Farm to School
NEBRASKA