

# Miinan-Giba'iganiminzh-Aaniibiish-waaboo

## Sweet Fern & Blueberry Tea



1. Akawe (firstly), we need to make Miinan-ziinziibaakwad.

2. Eko-niizhing (secondly), let's make Giba'iganiminzh-Aaniibiish-waaboo.

### Miinan-Zhiiwaagamizigan (Blueberry Maple Syrup)

### Giba'iganiminzh-Aaniibiish-waaboo (Sweet Fern Tea)

#### Ingredients:

#### Ingredients:

Miinan (blueberries)—1 ½ cup  
(either frozen or fresh)

Giba'iganiminzh-Aaniibiish (Sweet Fern Leaf) – 1-2 teaspoons for a cup of tea. Or 8-12 tablespoons for a 64 oz. batch.

Zhiiwaagamizigan (Maple syrup)—½ cup

Nibi (water) – 8-12 oz. for a cup of tea. Or 64 oz. for a batch.

Zhiiwitaagan (salt)—a pinch. (optional)

#### Instructions:

#### Instructions:

1. Combine Miinan and Zhiiwaagamizigan in a small saucepan over medium high heat.

2. Add a pinch of your favorite salt and bring mixture to a low boil.

3. Reduce heat to a simmer. Stir occasionally and mash blueberries when they soften. Remove from heat once the blueberries are well incorporated into the syrup.

4. At this point you will have a thicker, chunkier syrup that can be used. If you prefer a smoother syrup (this may be more enjoyable in tea) let your syrup cool to room temperature, then blend and strain.

5. Cool and store in the fridge or use right away!

1. Bring Nibi to a boil. Pull Nibi from heat. For a cup of tea, add Giba'iganiminzh-Aaniibiish (in a reusable teabag or tea ball), to your cup of hot water, let steep for 3-4 minutes. For batched tea, steep for 5-7 minutes.

2. Add a healthy dollop of your Miinan-Zhiiwaagamizigan to your cup of tea to your taste. Or about ¼ cup Miinan-Zhiiwaagamizigan to your 64 oz. tea batch.

3. Minikwen! Drink up! A batched tea can be brought to room temperature, then kept in your fridge to enjoy later as an iced tea!

Recipe by Esiban Parent