



My book of

TRADITIONAL

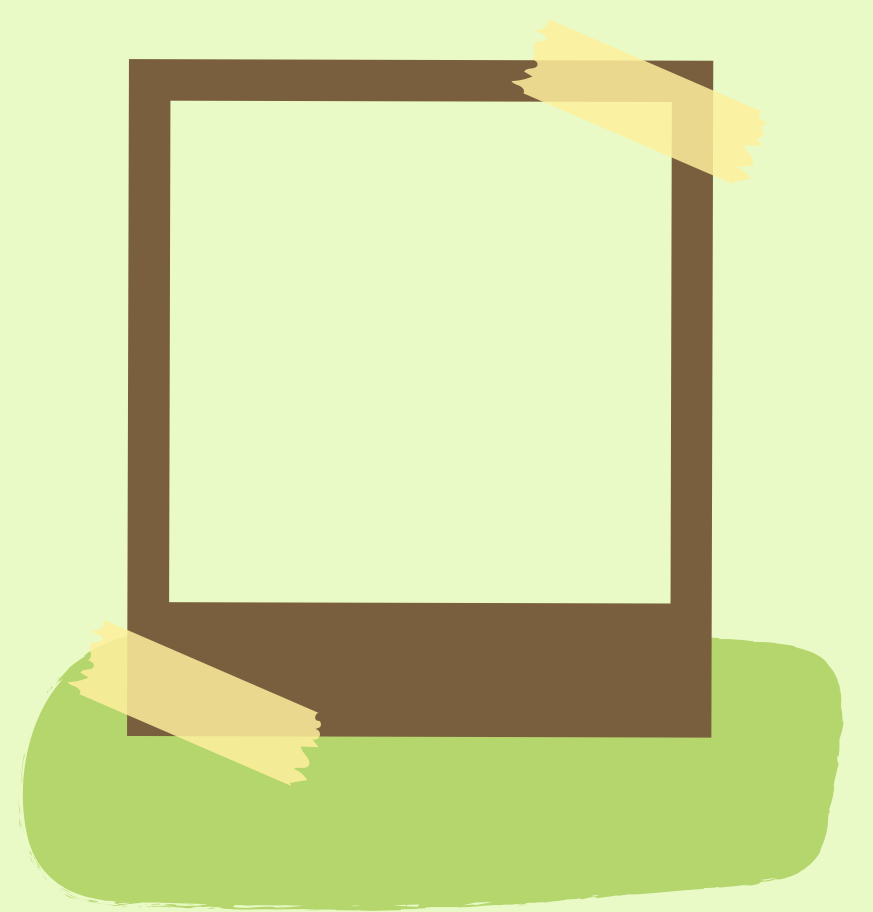
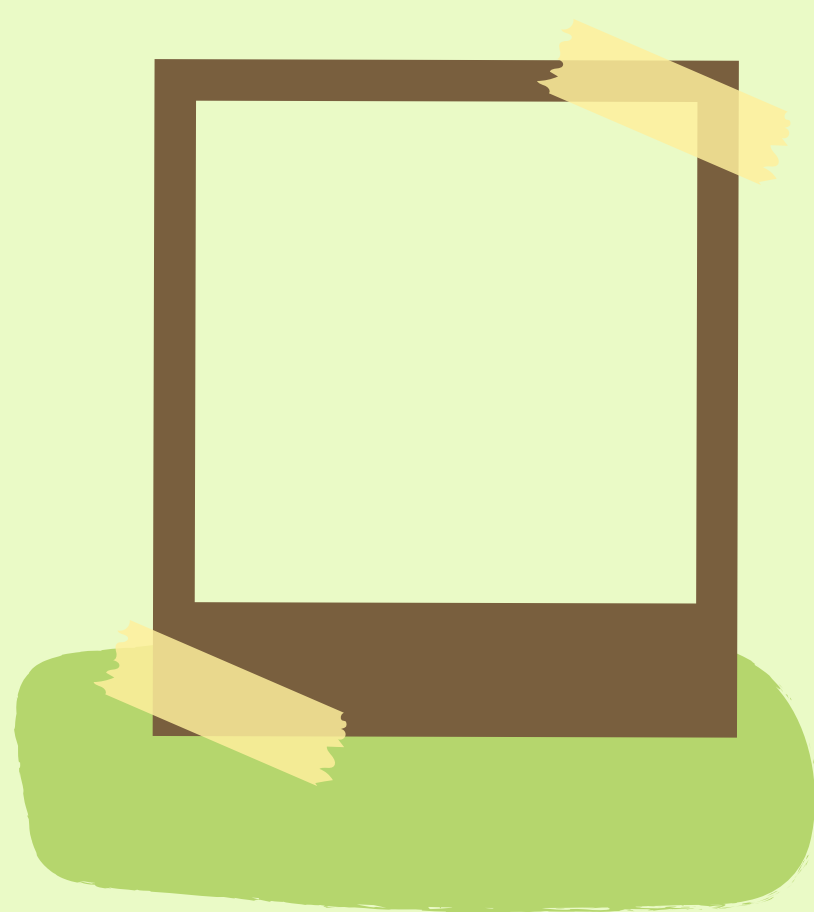
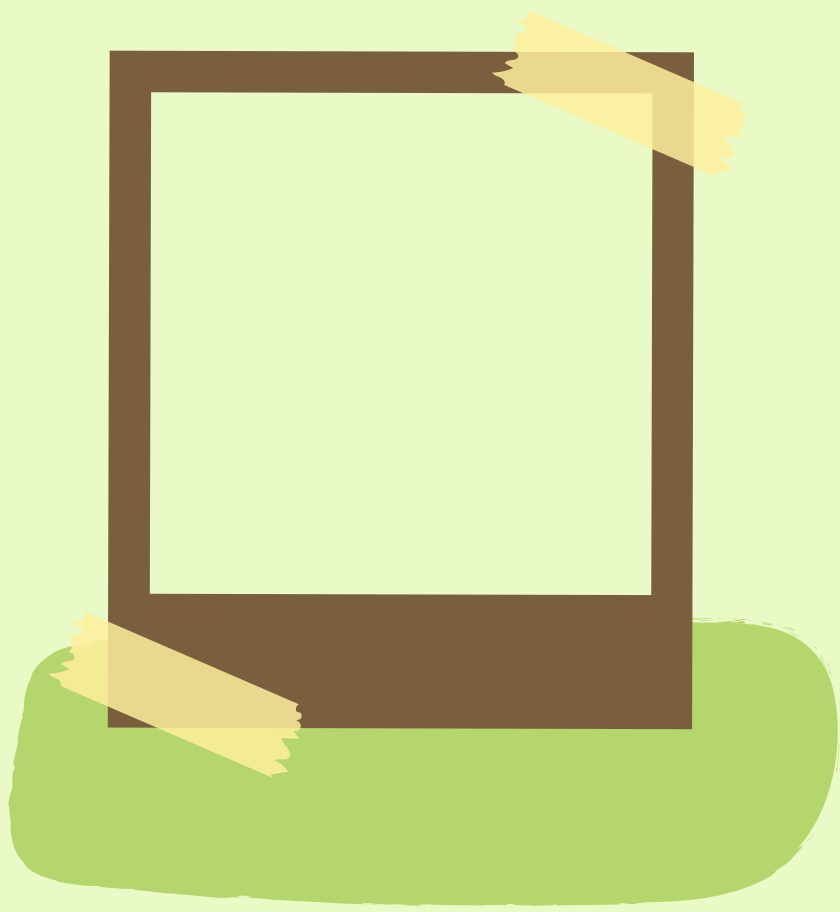
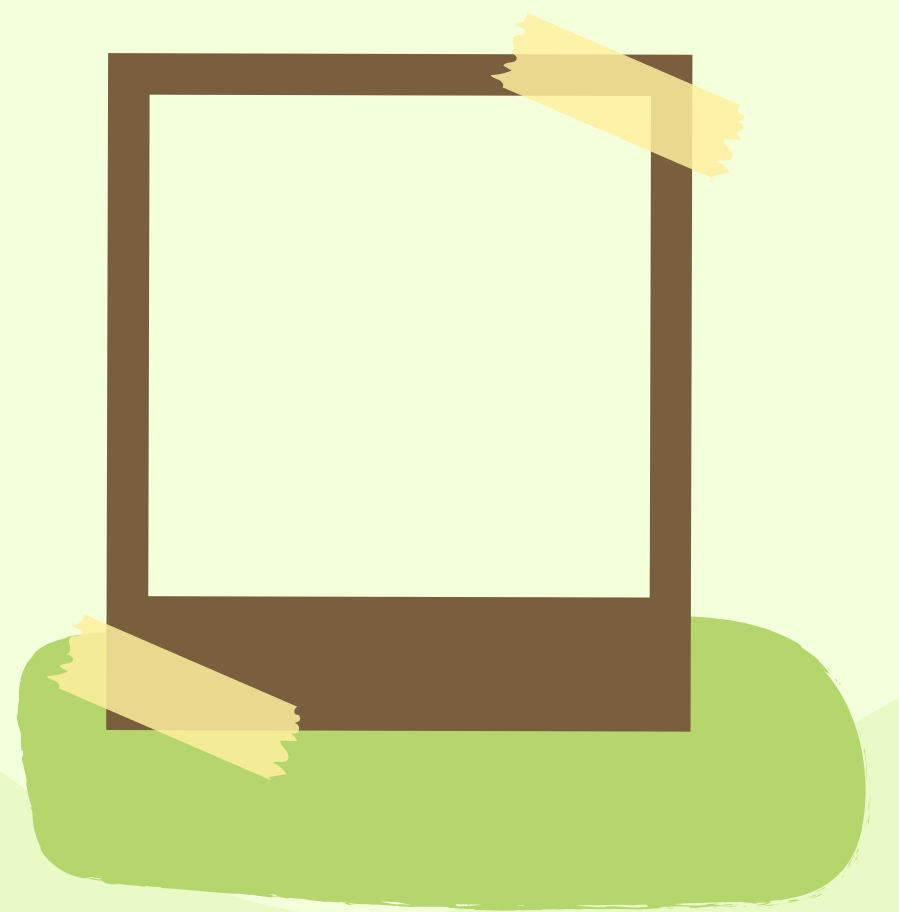
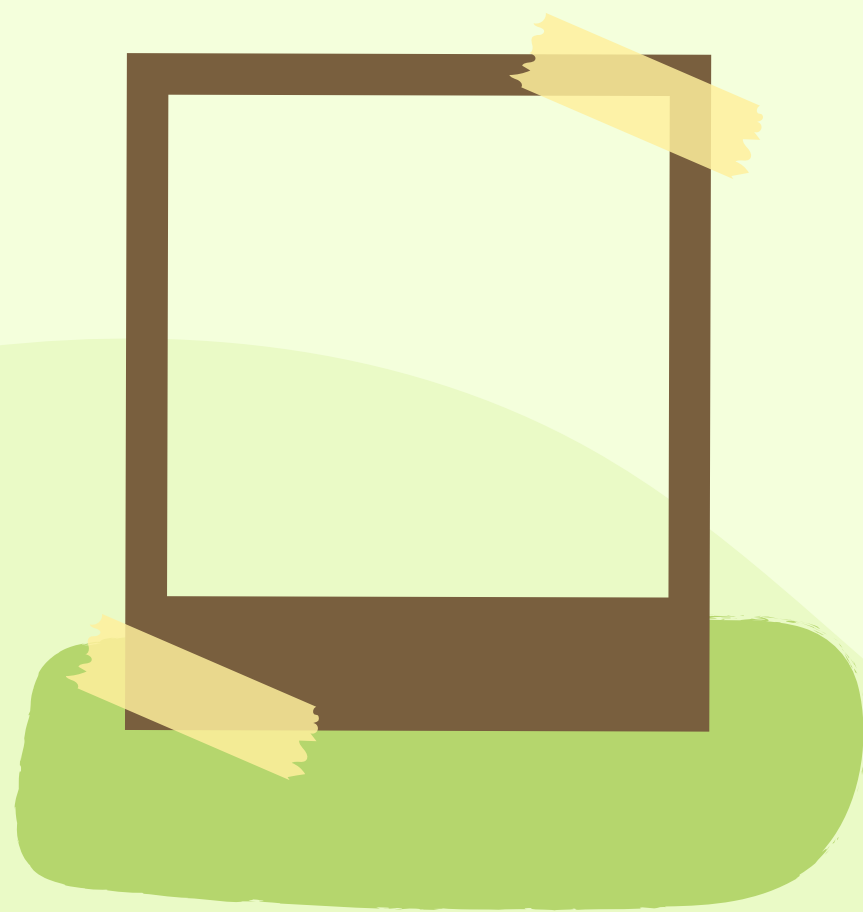
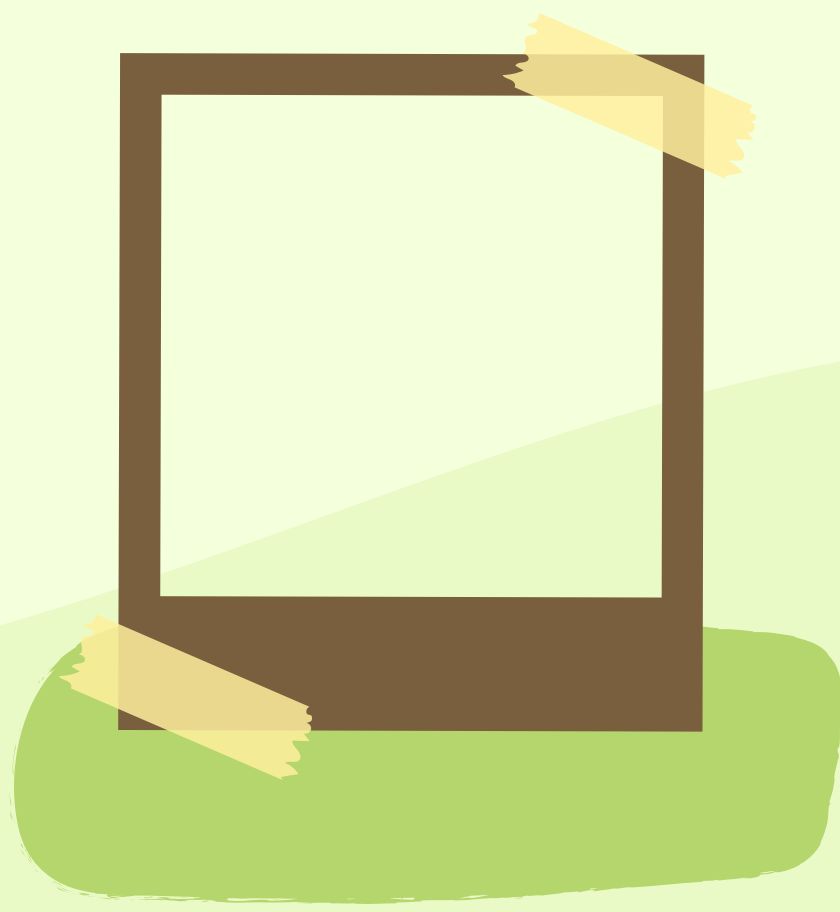
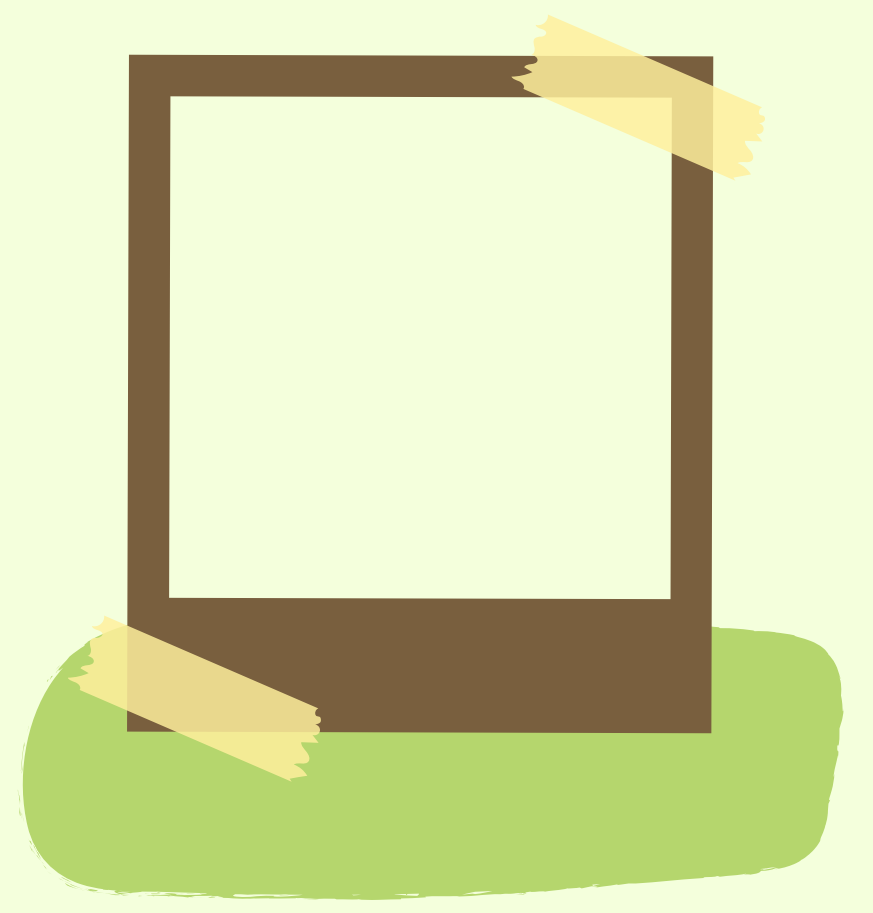
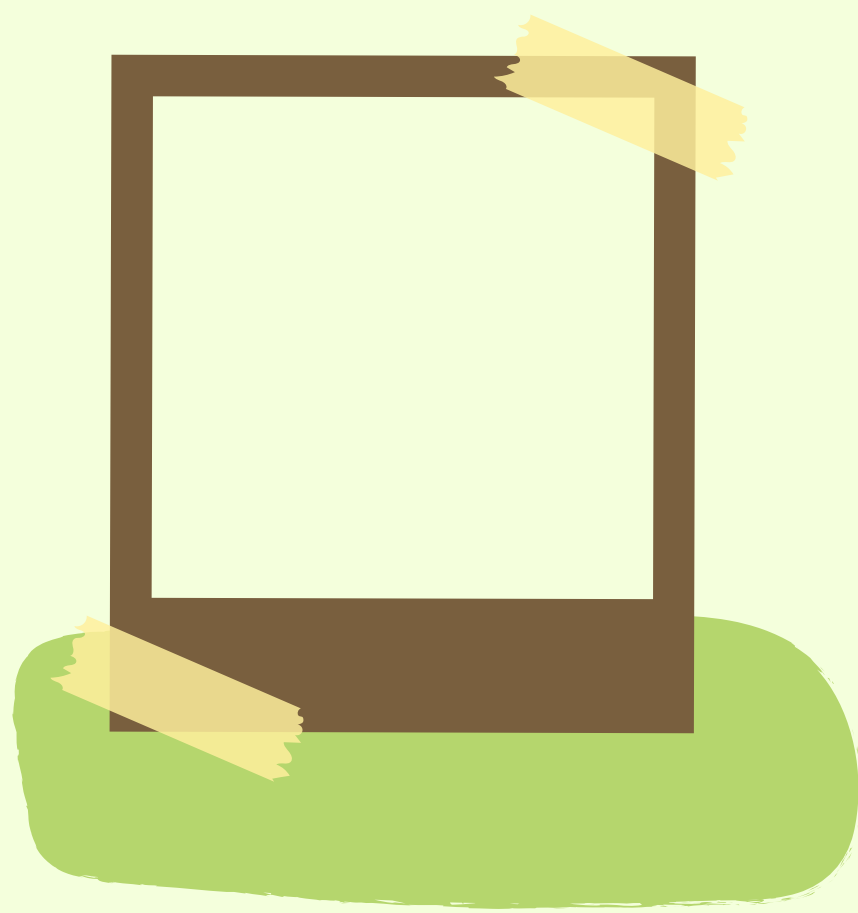
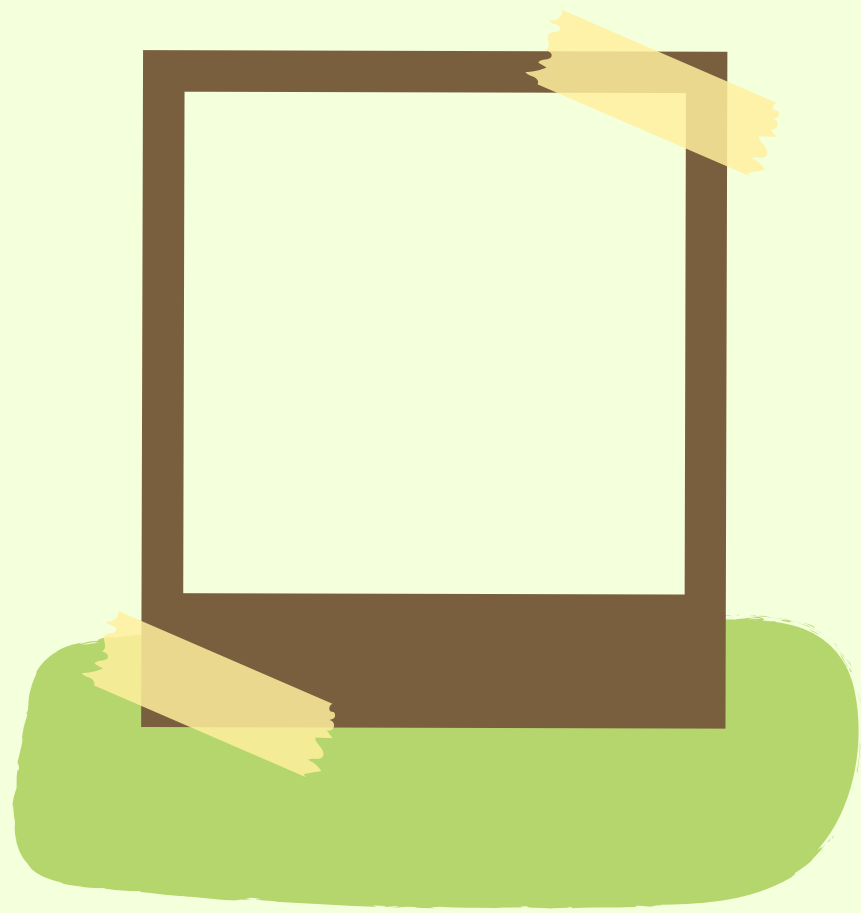
Métis plants

By: _____

Grade: _____

NAME:

My Favorite Traditional Métis Plants

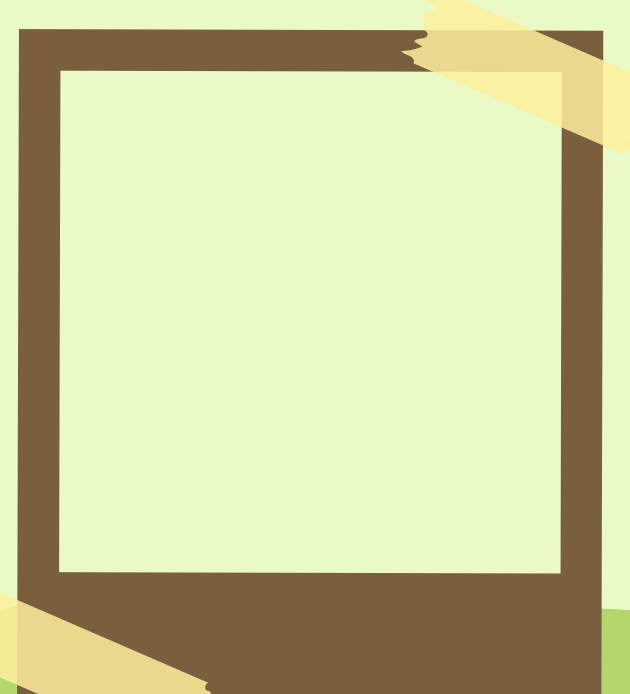
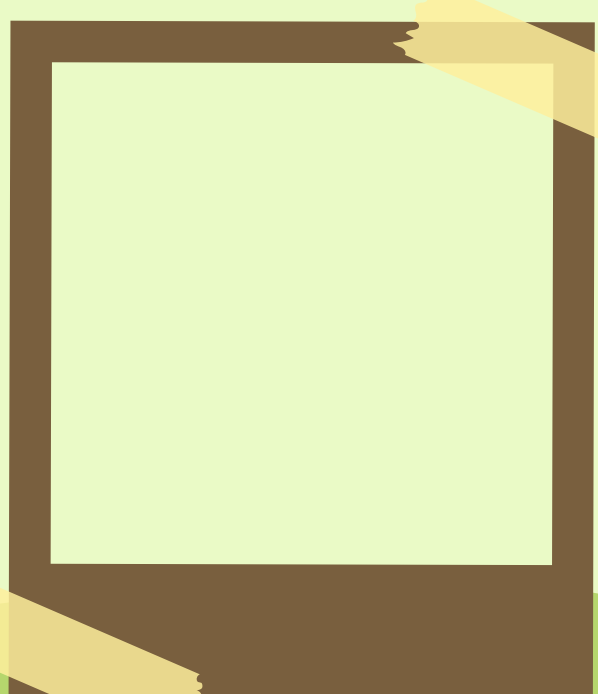
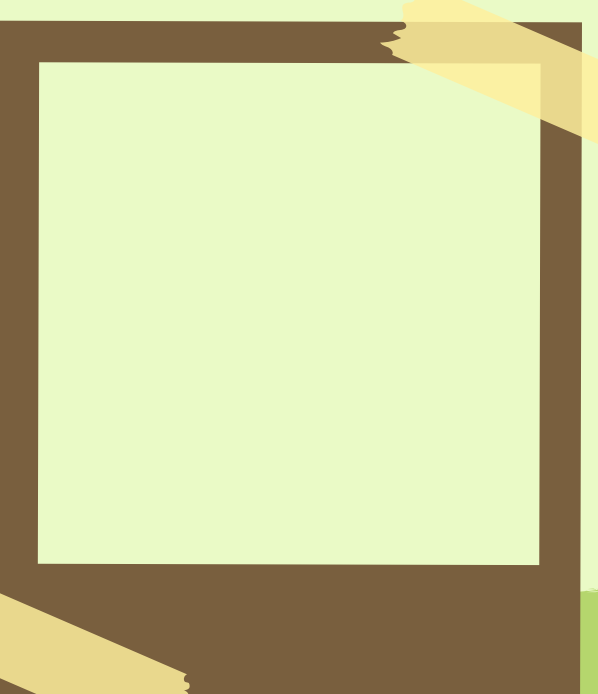
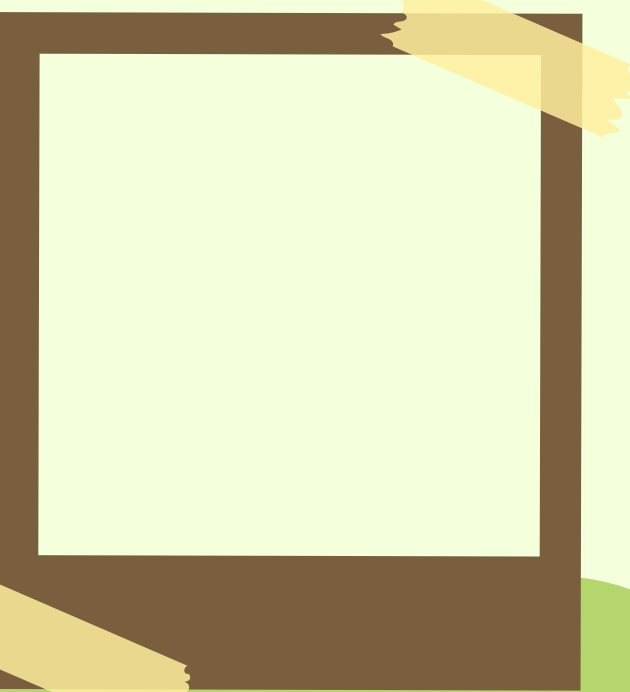
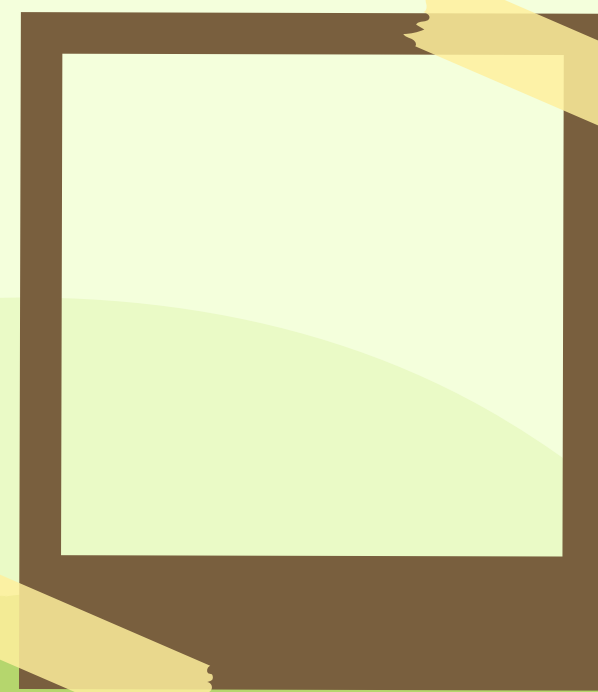
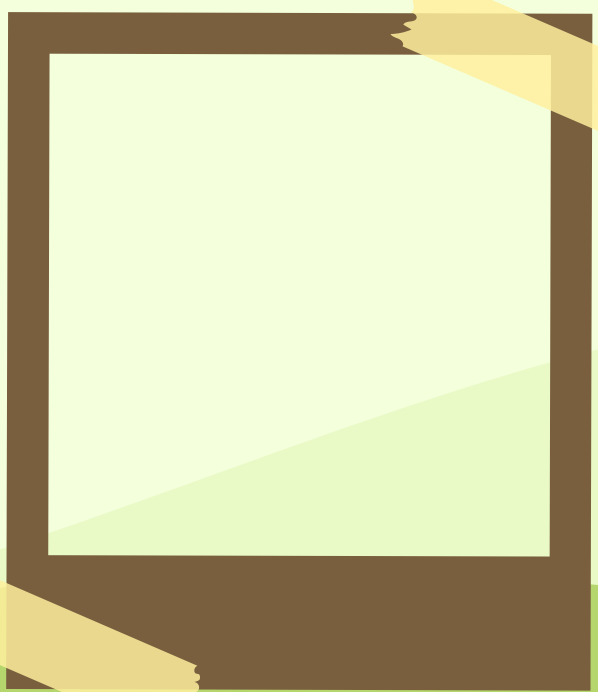
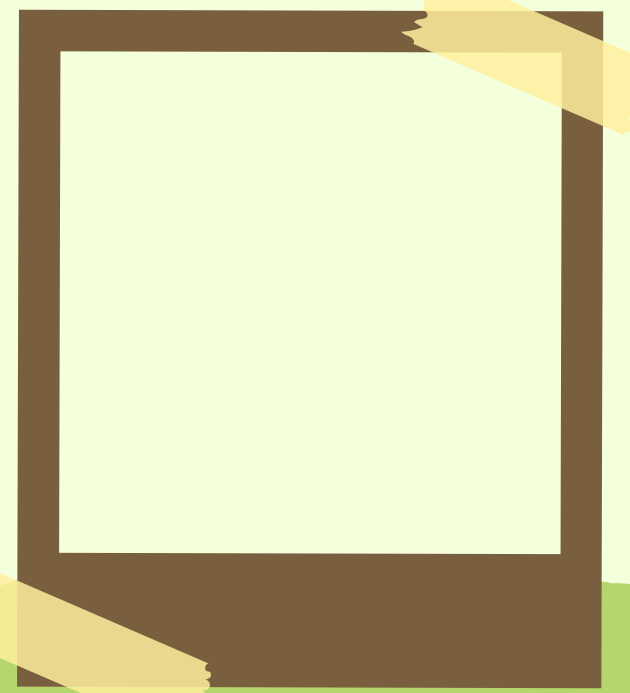
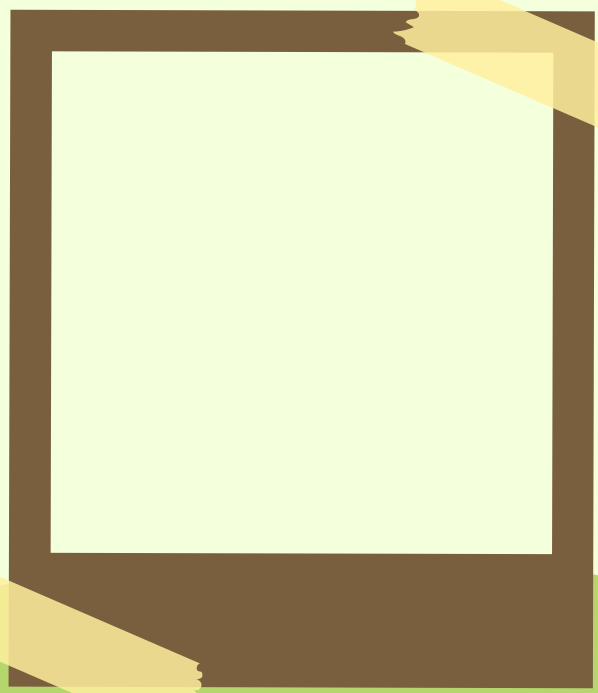


NAME:

My Favorite Traditional Métis Plants



Stinging Nettle



USES & BENEFITS OF



USES & BENEFITS OF STINGING NETTLE

High in vitamin C

01

Stinging nettle contains many nutrients including vitamin C, A, K and many B vitamins!

High in minerals

Stinging nettle contains calcium, iron, magnesium, phosphorus, potassium and sodium!

02

03

04

05

06

