








Fun Facts About Traditional Métis plants

-  Did you know that Wild Bergamot, also known as "bee balm," is like a spa day for bees? Métis people use it in teas and cooking, turning nature's soothing scent into tasty treats!
-  Did you know Saskatoon Berry isn't just a sweet treat? It's a Métis superfood, used in pies, jams, and pemmican, and it's been bringing communities together for generations.
-  Did you know Wild Mint isn't just for fresh breath? Métis people have been brewing it into teas for ages, making every sip a refreshing journey through tradition!
-  Did you know Wild Rose isn't just eye catching? It's a symbol of resilience in Métis culture, used in teas and medicines to keep spirits high and bodies healthy!
-  Did you know Labrador Tea is like a warm hug in a cup? Métis people have been brewing it for ages, believing its aromatic flavor brings comfort and wellness with every sip!

*Here are a few tips to get you started. Students can create their own as well. You can use these as daily school announcements, as writing prompts or to kick start a research project.

