

Literacy This Week



**Yukon Literacy
Coalition**

We are a society of people dedicated to improving the quality of life of all Yukoners. We do this by building the foundational skills required for lifelong learning; acknowledging that we are all adapting to an everchanging world.

Juniper Tea

The juniper tree is an evergreen shrub that grows in many parts of the world, including North America, Europe, and Asia.

It produces seed cones that are commonly known as juniper berries. Though the berries vary in colour, most are deep blue. Their aroma is often described as woody or spicy. They have a tart, pine-like flavor and are commonly used in small amounts as a spice or flavoring agent. These small berries have been used for culinary and medicinal purposes since ancient times, and current research suggests that they may offer various health benefits.

The benefits of juniper berries are many. They have loads of antioxidants, as well as anti-inflammatory and blood sugar-reducing properties. Juniper berries are also a natural diuretic, with cleansing properties for the kidneys and urinary tract system, as well as a natural antiseptic.

Juniper berries are not actual berries, but seed cones produced by a variety of juniper trees. Dried juniper berries can be made into a delicious and healthy herbal juniper tea.

All you need is water and dried juniper berries to make the tea. It's delicious as is, with a touch of honey or a splash of milk.

Ingredients

*1/2 tsp of dried
juniper berries*

2 cups boiling water

1 tsp of honey

Instructions

*Pour boiling water
over juniper berries.
If you prefer, you can
add the berries to a
tea infuser first.*

*Steep for 10 minutes.
Add honey to taste.*

Strain and drink.



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