

## QUALITY CONTROL:

### Handling:

- Wash hands before harvesting or handling plants.

### Harvesting:

- Harvesting Labrador tea must be done where there are no source of pollution such as power lines, railways, industrial sites.
- The harvest site has no known history of herbicides, pesticides or chemical fertilizers.

### Drying process:

- Make small bundles using elastic bands
- Store bundles in shade to prevent heating while out harvesting
- Rinse and inspect bundles for insects or damage leaves and hang to dry
- Use a fan to move air
- Once crispy dry, strip leaves in to clean container

### Storage:

- Product should be stored in a clean plastic bag to keep moisture out.
- Store in a dry room away from moisture
- Dirty containers will not be accepted and the product in it may be rejected
- Do not store in a shed that has been used for storing gas and oil.

**BUYING REQUIREMENTS** (THIS IS INTENDED TO PROVIDE GENERAL STANDARDS. REQUIREMENTS MAY VARY FROM BUYER TO BUYER. PLEASE CONFIRM WITH YOUR BUYER BEFORE HARVESTING):

- Product must be crispy dry, leaf will shatter or crush and not bend.
- Producers must have a wild harvesters association Membership Card.
- Identify general harvest area.
- No foreign smell (ex: gas, oil)
- No foreign material (ex: Different kinds of bark, dirt, rocks)
- No mould.

**All bags, boxes and containers will be inspected to determine if product meets NFDC specifications.**

### **PRICING:**

- Call NFDC prior to shipping or traveling to buying depot.



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## NON-TIMBER FOREST PRODUCTS INFORMATION BROCHURE

(FROM HARVESTING  
PRACTICES)



## LABRADOR TEA



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# HARVESTING LABRADOR TEA

## SCIENTIFIC NAME:

- *Ledum groenlandicum*

## CREE NAME:

- Maskêkopakwa  
(“Muskeg tea leaf”)

## COMMON NAMES:

- Lab tea
- Muskeg tea
- Trappers tea
- Hudson bay tea

## PLANT SPECIES IDENTIFICATION:

### Flowers

- In loose umbrella-like clusters at branch tips.
- White, 5-8 mm long with Protruding stamens.
- Stalks-hairy, long

### Leaves

- Oblong to narrowly oblong, 1-5cm long often drooping.
- Leathery
- Deep green above, rusty below.
- With dense wooly hairs.
- Edges rolled under

### Fruit

- A dry capsule with many tiny seeds

### Plant Reproduction:

- Reproduces primarily vegetatively but can reproduce by seed.
- It regenerates vegetatively through sprouting from roots.
- Length and depth of roots are greatly influenced by soil and moisture.

### Habitat:

- Open or closed forests, grows primarily with black or white spruce. Can also dominate or codominate in dwarf shrub communities, bogs, muskegs or open tundra. Most common on water sites with low subsurface water flow and low nutrients. Reaches its greatest cover in bogs. Abundant in the shaded portions of the forest.

### Indigenous **Uses:**

- The leaf is used as an intestinal regulator
- A mild laxative but because of it's regulating effects can also help with diarrhea.
- The Cree use the tea as a sedative especially if someone has trouble sleeping.
- It is used to relieve stomach-aches, headaches, colds and fevers, occasionally they add bits of stems and roots to make a more bitter tea.
- The leaves are dried and powdered and dusted on burns, wet eczema and broken blisters.
- The Woods Cree mix the leaves with grease (sometimes with pitch added) to make a salve for burns.

### SPECIES SUSTAINABILITY:

Practice sustainable harvesting, by not over harvesting in one area.

### HARVESTER CERTIFICATION:

- **NFDC** is working on providing organic certification on selective NTFP'S in each community harvest area.
- **Buyers may not purchase** Labrador Tea from producers who does not follow the **HARVESTERS CODE OF ETHICS (Copy available at the NFDC Centre).**