QUALITY CONTROL:

Handling:

• Wash hands before harvesting or handling Wild Mint.

Harvesting and processing:

- Harvest only stem portions containing green and undamaged leaves and flowers
- Make small bundles using elastic bands
- Store bundles in shade to prevent heating while out harvesting
- Rinse and inspect bundles for insects or damaged leaves and hang to dry
- Use a fan to move air
- Once crispy dry, strip leaves and flowers in to clean containers

Storage Technique:

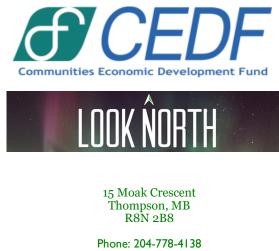
- Store crispy dry leaves and flowers in a sealed clean plastic bag
- Dirty containers will not be accepted and the product in it may be rejected
- Store in a dry room away from moisture
- D not store in a shed that has been used for storing gas and oil

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

- -IRM WITH YOUR BUYER BEFORE HARVESTING
- Product must be crispy and dry.
- 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 may be inspected to determine if product meets a buyers specifications. PRICING:

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



Phone: 204-778-4138 Fax: 204-778-4313 Toll Free: 1-800-561-4315 NON-TIMBER FOREST PRODUCTS INFORMATION BROCHURE



(FROM HARVESTING PRACTICES)

WILD MINT







HARVESTING WILD MINT

SCIENTIFIC NAME:

Mentha arvensis

CREE NAME:

 Amisko Wehkuskwa ("Good tasting beaver plant")

COMMON NAMES:

- Field Mint
- Wild Basil
- Corn Mint

PLANT SPECIES IDENTIFICATION:

Flowers

- 1/4 inch long, in clusters 1/2—3/4 inch wide at stem
- Round, tight clusters at top of plant
- Pale purple, white or pale pink

<u>Leaves</u>

- Lanced to broad-shaped
- 1-2 inches long
- Light green turning to almost white as plant matures

Plant Reproduction:

- Blooms July to Sept
- By seed or Under ground network of rhizome

Habitat:

- Streamsides, damp or wet soil
- Gravelly shores
- Meadows or open woods
- Widespread and common across North America.

What is harvested:

• The flowers and leaves

PRODUCT USES:

- Can be used as a tea blend
- Can also used in a cream/salves
- Lip balms
- Sauces and jellies

Indigenous Uses:

- The Cree drink it as a tea to treat sore throats and colds
- The Northern Cree used it to soothe upset stomach and also to relieve headache and fever.
- It is chewed to alleviate bad breath

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 Wild Mint from producers who does not follow the HAR-VESTERS CODE OF ETHICS (Copy available at the NFDC Centre).