

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
- 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 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.



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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

Leaves

- 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 **HARVESTERS CODE OF ETHICS (Copy available at the NFDC Centre).**