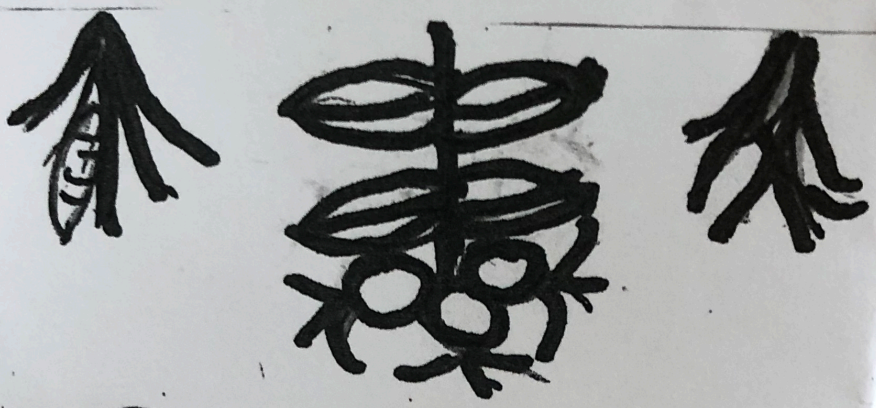
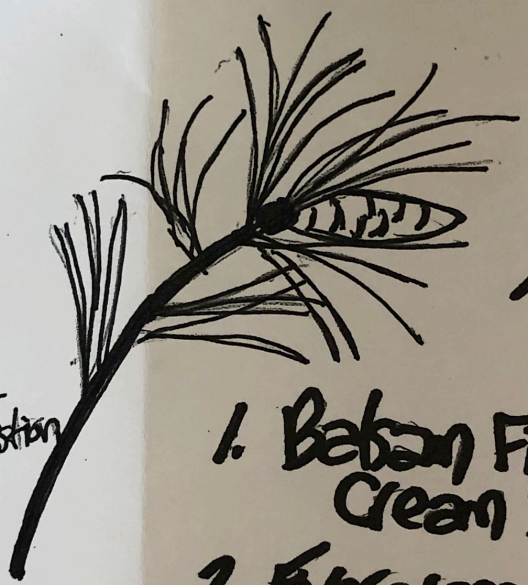


Winter Drinks

By Flossy Rebbs

Evergreen Medicine

- strengthens immunity
- soothes colds + flu (cough, congestion sore throats)
- enjoyable to harvest + make
- bright citrus flavour + high in vitamins, minerals + antioxidants



Recipes

1. Balsam Fir Cream Soda
2. Evergreen Hot Toddy