



**\*\*\*FOR IMMEDIATE RELEASE\*\*\***

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### **BACK TO NATIVES HOSTS NATIVE PLANT TEAS WITH CRAIG TORRES**

*Craig Torres will partner with Back to Natives as it hosts its annual “Native Plant Tea Workshop.”*

**SANTA ANA, Calif., October 18, 2016** – Back to Natives Restoration, a 501 (c)(3) not for profit public charity, is hosting a native plant tea workshop on, Saturday November 12, 10AM – 12PM. Craig Torres, a descendant of the Native American Tongva people who inhabited the Los Angeles Basin, will talk about the uses of different native plant teas, provide materials to make tea bags, and have sample teas to drink (bring a small cup!) Register and prepay at [backtonatives.org](http://backtonatives.org).

During this workshop, Torres will focus on ways to use different native plants in teas, including white sage (and other sages), wild rose (petals, blossoms, and hips), elderberry (blossoms and berries), yerba santa, yerba buena, and California juniper. Participants should come prepared to sample (bring a cup). Torres will also demonstrate making reusable, recyclable tea bags. This workshop will help attendees identify, cultivate and care for native plant teas they can grow on their own.

“For thousands of years, the indigenous people of the Los Angeles Basin relied on native plants for food, clothing, shelter, and medicine to support their health,” said Craig Torres. “These days, however, many of us are out of tune with our natural, native habitat and we rely on synthetic supplements to support our health. Learning how to use native plants as food and medicine allows us to reconnect with nature the way my Native American ancestors did.”

Back to Natives’ Native Plant Teas workshop will be held on Saturday November 12, 10AM – 12PM at the Back to Natives Nursery at Santiago Park, located near 600 E. Memory Lane in Santa Ana. Register and prepay at [backtonatives.org](http://backtonatives.org).

#### About Back to Natives

Back to Natives Restoration, a 501(c)(3) non-profit organization connects the community to habitat restoration through service learning and native plant education. The Back to Natives Nursery at Santiago Park in Santa Ana, staffed by community volunteers, grows plants for habitat restoration and to raise funds for service learning and environmental education programs. The Back to Natives Native Plant Reserve provides habitat for birds and butterflies in Dana Point. For more information, please visit [www.backtonatives.org](http://www.backtonatives.org) or call 949-509- 4787.

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