

TEA CULTURES OF THE NORTH

Connecting to the Plant Wisdom of the Arctic

Wednesday, 19 March 2025, 3–5pm Helsinki Time (Zoom)

In collaboration with the International Network for Tea Studies and The White Horse Press



Gathering Wild Nettle in Finland. Photo by [METTÄ Nordic](#).

On Wednesday, 19th March 2025 at 3pm Helsinki, Finland time, the Kone Foundation-supported project Gifts from the Sentient Forest will host a cross-disciplinary discussion of the wild and cultivated tea plants of Northern Europe. Gifts from the forest arrive to us in diverse forms including as wild healing teas gathered across the Northern seasons as part of land-based cultural traditions. This seminar will connect the idea of forest sentience to the detoxification, rejuvenation, and healing of people, plants, and places. With diverse backgrounds in phytochemical research, Indigenous Sámi culture, and natural products design, our speakers will share their knowledge of the curative attributes of angelica, coltsfoot, Labrador tea, nettle, northern sweetgrass, roseroot, willow, and other northern species. This event will be held in collaboration with the newly formed [International Network for Tea Studies](#) as well as the new plant humanities journal [Plant Perspectives](#) published by [The White Horse Press](#).

Åsa Andersson Martti will introduce some of the major spring immunity teas of Sápmi. **Martyna Vengryté** will present her research conducted with **Lina Raudoné** on the medicinal potential of Labrador tea in the Northern Hemisphere. **Katja Misikangas** will share the wisdom of Arctic herbs based on her family experiences and her work with Arctic Warriors.



Åsa Andersson Martti is an Indigenous Sámi and Tornedalian artist, healer and academic researcher. Åsa has studied traditional Chinese medicine and Sámi healing practices. She is founder of the historical and animistic pilgrim trail 'Sámi Trail of Tears' based on her mother's childhood memories.



Martyna Vengryté is a second-year Ph.D. student at the Lithuanian University of Health Sciences. **Lina Raudoné** is a Professor and Chief Researcher in the Department of Pharmacognosy and Laboratory of Biopharmaceutical Research, Institute of Pharmaceutical Technologies, respectively.



Katja Misikangas is Founder and CEO of Arctic Warriors Ltd. based in Rovaniemi, Lapland, Finland. She is a fourth-generation healer and herbalist raised in the Arctic wilderness and deeply rooted in Finnish Lapland above the Arctic Circle. Knowledge of herbs and folk medicine runs in her family.

This free seminar will be offered as part of Gifts from the Sentient Forest with support from the Kone Foundation's 'In the Woods' funding programme. The project aims to understand how recognising the plant world of Northern Finland in contexts other than exploitation can illuminate the ways forests rejuvenate human-nature relationships and sustain the Earth.



 **KONEEN SÄÄTIÖ**
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Please register by sending a brief email to: sentientforestproject@gmail.com

For more information about Gifts from the Sentient Forest, see www.sentientforestproject.com