



Pine Needle Tea

SERVINGS: APPROX. 2

PREP TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

3 cups of water

1/4 to 1/2 cup of white pine needles,
finely chopped

3 tablespoons of honey

1 orange

Cinnamon (to taste)

Note: You can use maple syrup in
place of honey.



Directions

1. Identify a white pine tree and respectfully gather fresh pine needles.
2. Finely chop pine needles into small pieces (approx. 1/2 inch).
3. Grate orange rind for zest.
4. If using a cloth tea bag, place chopped pine needles and zest into bag.
5. Bring water to a boil.
6. Let pine needles and zest mixture steep in hot water for 15 minutes. (Note: If you are not using a cloth bag, you will need to strain liquid once finished steeping.)
7. Squeeze orange juice into tea..
8. Flavor with cinnamon to taste.. Once cool enough, sip and enjoy.

***Remember, never forage or consume any plant that you cannot identify with 100% certainty. Not all plants are safe to eat. Do not harvest in an area with known pesticide use (use caution with unknown areas) and shy away from harvesting any plants that look in poor condition.**