

How to Make Pine Needle Tea

This simple foraged tea is a delightful and nourishing way to enjoy the flavours and benefits of pine.



PREP TIME 2 minutes

COOK TIME 15 minutes

Ingredients to make 2 cups

- 1/3 cup chopped pine needles
- 2 cups boiled water
- Optional: honey or other sweetener to taste

Instructions

- Remove pine needles from the woody stems. Trim off any brown needles. Rinse needles with cold water. Set needles aside...
- Bring tea water to a boil. Pour into a teapot or saucepan
- Add needles to the water. Add any additional ingredients (except lemon). Cover pot. Steep about 15 minutes.
- Strain out the needles by pouring tea into glasses through a mesh sieve.
- Serve hot, with lemon if desired.

Important Warning: Do not collect Yew leaves- these are very poisonous. Pine needles come in bunches of 2-5, yew leaves are broader and grow singly. Also Ponderosa pine may be harmful to pregnant women.

www.treeguideuk.co.uk/conifer-key/ try this link to help you identify your conifer