

HUꞮC WIHIRAAGNĪRA  
February: Last Bear Moon

## HARVEST OF THE MONTH

Waazi'ap  
(Pine Needles)

### ABOUT PINE NEEDLES

- Pine needle tea has been used to prevent and treat illness.
- Pine needles are a great source of Vitamin C.
- Older needles have a stronger and more bitter flavor. Younger needles will have a more mild and delicate flavor.
- Choose needles from Eastern White Pine trees (*Pinus strobus*). These trees are common in this area and easy to identify.
- Choose pine needles that are bright blue-green, about 3-5 inches long, and in clusters of 5.



### THINGS TO REMEMBER

- Some pines are toxic and should NOT be used including: Ponderosa pine, Lodgepole pine, Norfolk Island pine, and Yews.
- Do not use a Christmas tree for tea as it may have been sprayed.
- Pregnant and nursing women should avoid pine needle tea to be safe.

## PINE NEEDLE TEA

### INGREDIENTS:

- 1 handful of white pine tree needles
- 3 cups of water
- Lemon juice or sweetener (if desired)

### STEPS:

- Bring water to a boil. While waiting for the water to boil, rinse the pine needles and cut off the end where it is attached to the tree.
- Chop the needles into smaller lengths. Discard any brown needles.
- When the water is boiling, turn off and remove from heat. Add the pine needles, cover and steep for at least 5 minutes, and up to 20 minutes.
- Before serving, strain the needles out or use a fork to scoop them out.
- Add lemon juice or sweetener (optional).

### Tips:

- For a stronger tea, reduce heat and bring water to a simmer. Then add pine needles and continue to simmer for at least 20 minutes.
- Do not boil the pine needles. This will destroy some of the needles' Vitamin C content, and change the flavor.



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