

Pine Needle Tea Recipe!

Instructions:

- Identify a white pine tree and gather some of its needles. Thank the tree!
- Boil water in a pot either on your stove or over a campfire*
- Place needles in boiling water and let simmer for 10 minutes.
- Strain needles out and pour tea into mugs.
- Add honey to taste.
- Enjoy the piny flavor and the burst of vitamin C!

*Only use fire under supervision of adult

