

WHITE PINE

The cold weather often leads to sneezing and coughing. I really enjoy a warm cup of tea when it's snowing outside. Like Winter Cress, White Pine is also very high in Vitamin C as well as Vitamin A. There is four to five times the amount of Vitamin C in a cup white pine tea as there is in orange juice!



The White Pine, *Pinus Strobus*, is the only pine with bundles of needles in five. An easy way to remember this is that there are five letters in the word WHITE. It's given the name White Pine for the sticky and fragrant resin that turns white at the end of the needles in late Winter/early Spring. These pine needles are what you use to make the tea. White Pine needles are not the only useful part of this evergreen tree. You can also use the inner bark, twigs, and pitch of the White Pine.

Native Americans use white pine as one of their primary medicinal plants. The bark has often been used as an expectorant, helping with coughing, sore throat, bronchitis, and internal chest pains. Some tribes hammer the inner bark into a paste and apply it to ulcers, wounds, and sores. The resin can be chewed on like gum, to treat kidney disorders, helping with increasing menstrual flow, and even just for bad breath. The resin was also sometimes smeared on the body for pneumonia, rheumatism, and muscle soreness. CFI recommends consulting with a certified herbalist or medical practitioner before using these methods yourself without proper training.

For step by step instructions for making some of this deliciously medicinal tea check out this website: <http://www.practicalprimitive.com/skilofthethmonth/pineneedletea.html>

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