

## Making Pine Medicines



### Pine Needle Tea

Excellent for upper respiratory infections, head colds, fevers, flu, or in the bath for aches and pains.

- Collect a handful of pine needles. New growth needles that are lighter in color, shorter and juicier are the highest in vitamin C content.
- Use garden snips to cut needles in 3-4 inch lengths, put into a pot of water and bring to a boil.
- Cover pot and let simmer for 10 minutes, and strain. The tea is delicate.

### Pine Needle Oxymel

This preparation is excellent as a cough syrup and is most useful for sore throats and respiratory infections.

- Fresh pine needles
  - Apple Cider Vinegar
  - Honey
1. Gather fresh pine needles, remove the brown end that pairs them together.
  2. Put them into Vitamix (or blender) making the pitcher  $\frac{3}{4}$  full.
  3. Transfer mauled pine needles to a jar and cover the herb with a 50/50 mix of honey and vinegar to completely fill the jar.
  4. Cover jar with tight fitting lid, shake well, and label it
  5. Let sit for two weeks, shaking the jar twice daily for the entire duration.
  6. At the end of two weeks strain out the herb, bottle, label and store the liquid.
  7. Store in bottle in a cool dark place.

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### Pine Syrup

This recipe combines pine needles and the inner bark, and is traditionally given as an alterative tonic indicated for those with damp conditions and signs of deficiency (pale, weak, fatigued), joint swellings, urinary problems, diarrhea, excessive mucous or phlegm. It is a powerful expectorant with antioxidant properties.

- 2 parts fresh pine needles
  - 1 part inner pine bark
  - 1 pound of honey (16 oz)
  - 2 quarts of filtered or spring water
1. Put the water and bark in a saucepan and bring to a boil. Reduce to a simmer and cook uncovered for 20 minutes.
  2. Remove the brown ends that pair them together. Chop the pine needles right before adding to the decoction. Add the needles, stir well, cover and simmer for another 10 minutes.
  3. Remove from heat, let cool for a while, then strain.
  4. Pour the strained liquid back to the saucepan and turn on low.
  5. Add 16 oz of honey and stir until completely dissolved.
  6. Remove from heat and let cool for a while.
  7. Pour into amber bottles while still warm.
  8. Label & store in the refrigerator. Use within 1 month.

### Pine Pitch Salve

This salve is an amazing antiseptic ointment for deep infectious wounds, pus-forming infections, dressing splinters and removing foreign-body objects from open wounds. It has a drawing ability and gently pulls to the surface whatever foreign objects are embedded in the skin.

- 2 oz (or 60 grams) hardened Pine pitch
  - 8 oz (or 235 mL) Olive oil or sesame oil
  - 1 oz (roughly 30 grams) Beeswax
1. Gently warm oil on the stove. Do not let it boil.
  2. Break up pine pitch into small chunks and add to the warming oil
  3. Keep the mixture at a low heat and occasionally stir until the pitch has completely dissolved. Bits of forest debris trapped in the pitch may surface. These can be strained or scooped out with a spoon.
  4. Once pine pitch oil is clean and mixed add beeswax to the pot to melt.
  5. Stir until beeswax is melted completely.
  6. Remove from heat and pour into salve tins or a small glass jar. (This recipe yields about 12 oz of finished salve.) Let cool completely before putting on the lids.
  7. Label and store a room temperature.