



Sparkle Kitchen

Evergreen Tea

Ingredients

1/2 cup of spruce tip

3-4 cups of water

honey to taste

Directions

Find the bushy branched, spiky needles of a spruce tree that can be easily reached by the harvester. The tree will likely be 10-30 years old.

Tear the green tips from each sprig and collect into a birch bark basket or other carrying tool.

Boil 3-4 cups of water in a pot on an open fire (or on your kitchen stove). When the water is boiling remove from the heat and add all collected sprigs.

Steep for 10 minutes off the fire in a pot or in your cup until it reaches your desired taste.

Add some honey for an extra soothing taste and serve after tea has cooled enough for drinking. This drink has a pleasant pine/lemony taste.

** (Do not consume if you are pregnant or breastfeeding.)