

## Pine Needle Tea Cherokee

### Ingredients

Pine needles (yellow pine preferably)

### Directions

Collect a small bundle of green needles, the younger the better. (A small handful will be plenty.)

Remove any of the brown papery sheaths that remain at the base of the needles. They just pull right off.

Chop the needles into small bits, about 1/4 to 1/2 inch long.

Heat about a cup of water to just before boiling. Pour the hot water over a tablespoon of the chopped needles.

Steep, preferably covered, for 5-10 minutes, until the majority of needles have settled to the bottom of the cup.

For a more medicinal tea, let the needles boil in the water for two or three minutes, then remove from heat and allow the tea to continue to steep, covered, until it is cool enough to drink.

