

Spruce Tea for coughs

Ingredients

New growth from the tips of spruce branches

Water

Directions

Gather up a handful of the spruce tips and put them in an oversized enamel cup two-thirds full of water and set it next to a small cookfire to get hot.

After about 15 minutes, the tea might be bland tasting and have a slight odor, but let it sit longer, and it should help prevent coughs. The tea will not give a menthol or eucalyptus tingle that other cough medicines produce.

