



Douglas Fir Tip Tea

“Tree tips are packed with vitamin C and electrolytes, you could equate them with Gatorade or Emergen-C, but without the sugary downside. Indeed – many Northwest Native People have eaten spring tips to ward off thirst and hunger. They have also been used to combat scurvy, colds, coughs and fatigue.”

- From: <http://wildfoodsandmedicines.com>

Recipe:

1. Add 2 handfuls of tips in a quart jar and cover with room temperature water.
2. Place in a warm spot and let sit 3-8 hours.
3. Strain and drink straight, or mix with lemon or lime juice and sweetener.