Between every two pines is a doorway to a new world

"Few are all together deaf to the preaching of pine trees. Their sermons go right into our hearts. And if people, in general could be gotten into the woods, even for once, to hear the trees speak for themselves, all difficulties in the way of forest preservation would vanish."

- John Muir

Common Names & Etymology:

Pinus strobus, native to North America, is commonly referred to as either eastern white pine, white pine, northern white pine, Weymouth pine, or soft pine.

Pinus sylvestris, native to Eurasia, is commonly referred to as Scots Pine (or ‘Scotch’ pine), Riga pine, Norway pine and European redwood. Before the 18th century, this species was more often known as Scots (or Scotch) fir. “In the past (pre-19th century) they were often known as fir, from Old Norse fura. The Old Norse name is still used for pines in the genus Pinus. The Latin name pinus derives from the Old Norse word for ‘pine’ furu, from the Roman name for ‘pine’ Pinus.

The Latin name Pinus comes from the Greek word pōnos, meaning ‘pine nut’ or ‘pine kernel’.

The French word pineau translates to "like a pine cone". The species name “strobus” is an ancient name for an incense-bearing tree.

Plant Family: Pine family (Pinaceae)

Botany & Cultivation:
Pines are evergreen conifers of the northern hemisphere. Usually the pine trees are very tall, but some may also be found as shrubs. At least 45 of the 110 known species of pine are indigenous to America. Pines are tenacious survivors in difficult environments and exceptionally long lived, typically reaching ages of 100–1,000 years, some even more. The world's oldest living organism is a pine around 4,700 years old. This ancient one, Great Basin Bristlecone Pine, Pinus longaeva lives in the White Mountains of northern California. Its cousin living nearby, sadly cut down, was dated at 4,900 years old. Remains of trees born 7,000 years ago stand nearby.

Pines bear seeds in woody cones and have needle like leaves in bundles of 2 or more (white pines have needle bundles of 5) with a papery sheath at the bottom of the bundle. The spiral growth of branches, needles, and cone scales are arranged in Fibonacci numbers. On younger trees, each whorl of branches signifies one year of growth.
“All conifers bear male (pollen) cones as well as the more recognizable female (seed) cones. One reason the male cones are not often noticed is that they are smaller than the seed cones. The male cones also shrivel and dry up as soon as they release their pollen in the spring.” (Lauri Schroeder, Reading Yukon Forests)

Pines are dependent on seasons and most species are associated with northern climates. The few species of pines that grow in the tropics live where there are distinct wet and dry seasons. All pines thrive well in acidic soils, but some species are also able to grow on calcareous soil. Most of the pine species need well-drained soil and hence, they have a preference for sandy soils.

**Parts Used:**
Needles, seeds, resin (pitch), pollen, inner bark & heartwood

**Harvest:**

‘Standing Medicine’: One can gather pitch & needles any time of the year, but the best needles are the bright new growth in late spring. Pluck fresh pine needles from near the tree trunk. (Removing needles from branch tips may impair new growth but newer needles contain less tannin.) Any species of pine or fir tree will do and each has their characteristic flavor.

Harvest inner bark (cambium) from branches. Removing bark from the trunk injures a tree, and collecting it around the trunk no matter how thin will kill the tree.

**Medicine Preparation:**
Tea, tincture, oil, salve, cream, liniment, poultice, steam, soak, wash, essential oil

**Major Constituents:**
Pine needles contain high levels of Methylsulfonylmethane (MSM) a form of sulfur as well as high amounts of shikimic acid (antiviral from which Tamiflu is derived) Other constituents are: flavanols, proanthocyanidins, lignans, coniferim, resins tannins bitters, volatile oils such as, triterpenes, pinipricin,

**Cultural Traditions and Uses**
The earliest pine (*pinus beligica*) lived during the Cretaceous period 130 million years ago. 15,000 BC prehistoric Europeans used and left charcoal remnants of *pinus pinaster* in a cave now near Lascuax. 10,000 years ago ancient Anglo-Saxons left pinewood posts remnant of their building on the site that later became Stonehenge. Around that same time early inhabitants of North America used pine as a food source. Sadly, by 4000 BC the ancient forests of Scots Pine were already eradicated because its common used for timber and smelting. But ‘shortly’ thereafter in 2,700 BC a pine seed germinated that has continue to live to this day. The oldest know living organism on earth is this squat, twisted, dignified Bristlecone Pine living in the mountains of Northern California. Its brothers and sisters around this matriarch are almost as old and the remains of trees born 7,000 years ago stand nearby.

Pine and pinecones were ancient fertility symbols. “In classical Greek mythology, the fertility god Attis castrated himself under a pine. This was a result of a rejection of love and his spirit passed on to the tree.”

Taoist legend cites the elixir of long-lived sages as pine needle tea. In China, pine trees are planted atop gravesites as the trees vital force is thought strengthen the spirit of the departed and keep the body from decay. Similarly in Jewish coffins, pine is the preferred wood. A branch of pine over a door in Japan symbolizes joy. In the 8th century, Germans decorated pine trees in the dark winter. This tradition was then taken up in England and became the modern Christmas tree tradition worldwide.

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White pine is known as the great *Tree of Peace* of the Iroquois Confederacy (known as The Confederacy of Dekanawide) comprising the Oneida, Cayuga, Onondaga, Tuscarora, Seneca, and Mohawk nations. The idea of the American Constitution is said to be drawn from the Iroquois Confederacy, which is based on the white pine. In our time, Mohawk chief Jake Swamp, continued to plant white pine tree for peace throughout the world during his lifetime (1941 - 2010) Two of the peace trees are in Central Park in New York City. (One is in Strawberry Fields, at John Lennon’s memorial.)

Native Americans filled mattresses with pine needles to repel certain parasites used pine needle tea as a healing remedy (as did other peoples in nearly every region around the globe). Scurvy was a common ailment in the long boat voyages from Europe to America as the need for vitamin C was not yet understood, and it was lacking on the storage food. But in 1534, after many of the crew had died of scurry, the French explorer Jacques Cartier anchored in the Saint Lawrence the local native Americans saved the rest of the crew with vitamin C rich pine needle tea.

The tall straight white pines of the new world were sought out for lumber for masts and boat wood for the British navy boats and so were once marked as “King’s Pines”. Millennia earlier, Britain had overharvested their own pines and had been piecing together wood from a number of trees to make masts that were not as strong as the white pine. The American Revolution was spurred on as much about debate on Britain’s demand for pine as it was about the tax on tea. As it was so central to the history of Maine, white pine cone and tassel (Pinus strobus) was designated the official flower of Maine in 1895 (even though it isn’t a flower).

Modern science and medicine did not consider the genus Pinus till “around 1992 when an extract derived from the external covering of the coniferous trees made attention grabbing news not only in America, but around the globe. This extract had practically transformed the entire antioxidant movement in the health food industry worldwide. The extract from the pine trees is known as pycnogenol and is mainly derived from the bark of the pine trees that covers the pines growing along the sea cost in Quebec province of Canada as well as the coast of the Atlantic Ocean in the southern regions of France” (though it is commonly just called French Maritime Pine Bark Extract)

Amber is fossilized pine resin and it also was used as medicine. Pliny used amber “to cure fever, blindness and deafness”. In the Baltic area and beyond “amber was worn as a remedy for arthritis.” “Amber’s Latin name *Electrium*, due to amber’s well known ability to develop a static charge. Turpentine, a paint thinner, solvent, and oldtimer (toxic) remedy is made from pine.
**Pine as Medicine: Uses & Indications**

**Tissue State:** Depression  
**Taste:** Pungent, Warm, ‘adhesive’ (Wood)  
**Energetics Qualities:** Warming and Drying  
**Doctrine of Signatures:**

Pine trees carry strong signatures Earth, Fire and Air.

**Air (wind) element:** wind pollinated and wind disperses seeds; all parts of pine have essential oils; clean and refreshing, enhances oxygenation.

**Fire (light) element:** “Fire feeds on the resin saturated wood of mature and dead pines” enabling the germination of its seeds of many species and opens the land for light. Heat opens the cones to release seeds. The limbs of pine grow in a spiral upward, letting go of old growth (branches) as its life is at the growing top. It reaches for the light, from the dark forest floor below. Its needle-like leaves are also light and likened to transmitters sending out information. Dense pine forests can be dark but hold a openness in the undergrowth and offers many a light, cool & refreshing energy and a sense of optimism and peace.

**Earth Element:** All trees have strong earth element, and pine has deep roots enabling it to grow to particularly tall. Pine thrives where other trees and plants find it difficult to grow. It trunk is noted for its particular strength of trunk. Pine give an image of uprightness.

**Water Element:** While pine often grows in dry environments its resin rich wood is resistant to rot and has been used for boats and other maritime uses since ancient times.

**Actions:**  
vulnerary, astringent, expectorant, styptic, hemostatic, antioxidant, anti-inflammatory, antibacterial, antifungal, antioxidant, mild diuretic,

**Specific Indications:**

Pine is a warming medicine best utilized in cold and tense symptom patterns. It is both relaxing and stimulating, and also drying, tightening, toning and building of tissue integrity. “It is indicated when there is inflammation with tendencies to poor oxygenation and tissue depression.”

**Respiratory System**

- Enhances oxygen absorption
  
- **Coughs Colds & Flu:** clears cold and difficult to expel mucus. For spasmodic and whooping coughs. Needles are antiviral (contain high amounts of shikimic acid, from which Tamiflu is derived). The decoction of the inner bark is used by northern peoples as a tonic for colds and flu. Michael Moore also recommends a decoction of inner bark to release the resins for respiratory ailments as the resins attach to mucus to draw it out.

- **Respiratory & Chest congestion:** the resin is often used in salves for skin complaints as well as classic “rubdowns” for chest congestion. An Appalachian folk remedy is to “apply a mixture of camphor, mutton tallow, soot, pine tar, turpentine, and lard to chest.” One drop of pine essential oil on water for steam is excellent for opening up respiration.

- **Chest rub:** “combine the infused oil of pine leaf/ needle and resin with other aromatic warming infused oils to create an effective chest rub for cold and flu. [Formulate with] Fir, Goldenrod, Artemisia spp., Elecampane, and Rosemary…a bit of infused Comfrey root and Mullein leaf and root oils helps with pain and inflammation in the chest and rib area from hard coughing.”

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Asthma: enhances oxygen absorption; use essential oil in diffuser

Strep throat, tonsillitis, laryngitis

Sinusitis, post nasal drip and sinus headaches: use a steam for chronic sinusitis

Folk respiratory remedies: “Pine needles, steeped in water over night and boiled down with sorghum, make another popular cough remedy…” Vance Randolph’s Ozark Magic and Folklore. “Somethin’ else good fer coughs was horehound with pine tar. Take an’ burn your pine knots until the tar gits to runnin’ good, an’ mix with horehound. Stops a cough in a big hurry.” Sherman Lee Pompey’s Granny Gore’s Ozark Folk Medicine

A long time ago they made cough syrup out of honey and pine tar.” “If you burn pine tar, it’ll keep people from getting colds.” I can remember when they would call it the croup. It was some type of cough and if you didn’t get over it, you’d choke to death. My mother always put Vicks salve and turpentine and hog jaw grease and pine tar together. She’d soak a cloth in that and warm it and put it on our throat.” Kay Carter and Bonnie Krause’s Home Remedies of the Illinois Ozarks
For Colds – “Boil pine needles to make a strong tea.” Also – “Make a tea by putting some pine top needles and boneset in boiling water. You can sweeten it with honey or syrup.” For asthma: “In one pint of gin, place several pieces of the heartwood of a pine tree. Leave them in the gin until they turn brown. Then take one teaspoonful of the mixture twice a day.” Croup: “Get a pine knot, split it up fine, and light it. Hold fat meat over the fire. Take the resin and fat to cure the cough.”

Cutaneous System

Counter-irritant used externally. Causes an “increase in local blood flow, which can be very useful to stimulate the immune system in cases of slow healing wounds, splinters that refuse to rise to the surface, aching joints or old injuries, and even in boggy chest colds as a chest salve where there’s a wet sounding cough.”

Wounds: It’s warming, stimulating and also anti-inflammatory and very antimicrobial, clearing up infections from a variety of sources.

Nail Puncture: “Pour pine oil over the wound.”

Drawing out of boils, splinters, things embedded in the skin, (pine resin warms or pine resin salve) “causes temporarily increased discomfort as the immune system works to push the particle out through the inflammatory process.”

Chapped Hands: “Rub pine resin on them.”

Urinary System

Urinary Infections: antiseptic; help heal infections in the urinary system.

Bladder pain - sitting in a hot bath will help, but adding some pine or ceder needles helps.

Immune System

Strengthens immunity: Strengthens ‘wei-chi’ (TCM); well used with reishi and astragulus

Superior antioxidant: Retarding oxidation reduces cell deterioration and thus helps counter the normal aging process as well as chronic and degenerative illnesses. The tannin in both pine bark and needles is a superior antioxidant. Newer needles contain less tannin

Cancer: Pine needle tea has strong antimutagenic, antioxidant and antiproliferative properties, which help in preventing cancer producing cells. Along with that, they also have anti-tumor effects on the body.

Rejuvenative, Longevity (Healthy aging)

Aging: increases the strength and vitality and helps in reversing or slowing the aging process. ‘cleans the veins’; Pine needle tea was known to be used by Taoist priests to promote longevity.

For Clearrness & mental clarity: body tonic, enhancing overall mental and physical balance.

Menopause Symptoms: Helps lessen fatigue and tiredness.
pine pollen: see pine pollen actions below

Muscular-Skeletal System

Sclerotic & other muscular diseases: smooths and softens hardened muscles that line the blood vessels which is helpful in sclerosis, a condition in which soft tissues inside the body become unusually hard.

Aching joints old injuries or stabbing pain: the resin salve applied externally brings warmth and increases blood flow

Gout: clears uric acid

Miscellaneous indications

Scurvy: vitamin C rich source in winter

Headaches: specific for sinus headache, but helps to relieve of congestion and tension in headaches generally

Dental cleaning: small twigs with peeled back outer skins can be used to gently rub and clean teeth and gums

Diabetes mellitus: rough selection of twigs dissolved into water generally helps to regulate blood sugar levels

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Contraindications & Cautions:
Pine is considered very safe (Safety class 1 and interaction class A), though pregnant women should use pine tea and preparations with extreme care. Michael Moore points out that frequent use can irritate the kidneys and strong tea and pitch should not be taken for kidney inflammation. Some people may experience dermatitis from the resin wood or sawdust

Pine as Pitch (Resin)

“Pine resin is often warmed and placed on a splinter, boil, sore, or insect bite to help draw out the irritant. It increases circulation locally (which may cause a productive throbbing) and acts as an antiseptic. Soaked into a warm cloth, it can be placed on sore joints and muscles to relieve pain, or to the chest for pneumonia. It is essential oil rich and can be used in any way the extracted oil is used. The resin can also be placed on smoldering charcoal for incense. The fresh woodsy smoke is believed to clear negative energy from an area. Collect the sap from freshly broken twigs and limbs and store in a glass container that can be gently warmed once the sap has formed a thick, sticky, dry resin.”

Pine Pollen

“In short, pine pollen is a potent source of natural androgens, including testosterone androgen mimics, it is a great nutritional source, especially of amino acids, vitamins and minerals, and it is an excellent general tonic for the human body, useful in preventing or alleviating a number of conditions common to aging”
– Stephen Harrod Buhner Pine Pollen: Ancient Medicine for a Modern World

The following is a summary of points in his book by Clint Griffiths:

• Testosterone Booster – Pine pollen contains human androgens like testosterone and by using it as a tincture you can boost your testosterone levels within minutes. For this reason testosterone has gained a lot of attention especially from men in middle age.

• Prostate Regulator – Pine pollen contains a sterol or plant steroid called Gibberlins which regulate the size of the prostate meaning that if it is too large it will shrink it and if it is too small it will increase its size.

• Raises SOD (superoxide dismutase) levels in heart, liver and brain - Superoxide dismutase is an enzyme that helps protect the
body from free radicals by breaking down oxygen molecules in cells which might prevent damage to tissues

- **Potent Anti-inflammatory** - Gibberlins are also responsible for pine pollens anti-inflammatory properties as well as anti-tumor without affecting healthy cells.

- **Stimulates Antiviral Activity** – Due to two plant sterols – brassinolide and castasterone – pine pollen is strong anitviral against such viruses as Herpes 1, measles, area viruses plus others. “They have been found to be 10 to 18 times stonger than ribavirun – the main pharmaceutical antiviral”

- **Helps rid the body of foreign chemicals** – Pine pollen contains the plant sterol brassinosteroid brassinolide. “This has been found to enhance the function of liver microsomes which are crucial to the safe disposal of xenobiotics (foreign chemicals that end up in the body)” – SB

- **Improves fertility, erectile dysfunction and sperm count** – Pine pollen contains the amino acid Arginine which a precursor for nitric oxide which helps increase blood flow to the penis. Arginine also boost growth hormone, improves fertility and is spermigenic.

- **Stimulates the Immune System:** Pine pollen contains polysaccharides which are sugars that are like food for the immune system (also found in medicinal mushroom like Chaga)

- **Anti-aging:** Pine pollen contains DHEA. “DHEA has been shown to be associated with high levels of energy and well being, low obesity, enhanced libido and erectile ability, reduced depression, enhanced cognition, reduced death from coronary heart disease, improved insulin sensitivity & glucose tolerance” -SB

**Pine as Homeopathic Remedy**

*Pix liquida* (Pine tar) is one of the great homeopathic cough remedies, acting on all the mucus membranes

The homeopathic preparation of *Turpentine* has an affinity to balance bleeding mucus membranes. Useful for inflammation of the kidneys with bleeding (usually a result of acute infection) Various bleeding or hemorrhage from the bowel also responds to turpentine remedy

**Pine as Essential Oil**

“Pine give four essential oils one form the needles two from the wood resin and another from the heartwood. Each pine has its own distinctive scent.” Pine essential oil has numerous applications and It is also s well known dissolved in cleaning products for both its antiseptic and pleasantly air cleaning properties.

**Pine as Flower Essence**


*Pine flower essence encourages a healthy relationship to the past. Rather than being a source of burden or remorse, one’s past can build confidence to move forward into the future. Psychotherapeutic expressions and treatment affinities:* “for the treatment of victims of severe child abuse.” “An important remedy after abortions.”

Scots Pine, *Pinus sylvestris* *(Woodland Essence)* – For guidance in searching for the right path of direction in one’s life. Helps one find the strength to continue. A supportive guide in seeking the inner mysteries of life. For those
trying to find a way, especially for men. For ‘maleopause’, to move forward with life. Opens to intuition; steady energy and relaxing

White Pine, Pinus strobus [Woodland Essence] – Offers its essence as the Foundation of ancient wisdom to help us remember how to "put the pieces back together". A guiding light to illuminate and support one’s re-membering. Stability and balance in thought and action. Grounding, strengthening, fortifying stabilizing and balancing on all levels; For those who are shattered and break-up of relationships. For those who have lost their sense of being in touch with earth; support connection to life. Offers Optimism The Iroquois tree of peace when there is lack of peace in life; for stress and too many responsibilities.

Red Pine Pinus resinosa [Delta Gardens] – For those who waver in allegiance or are indecisive; helps with commitment, loyalty and certainty.

**How The Pines Taught Me To Listen**

I spent my childhood summers in the north woods of Maine, where the tall white pines whispered with every breeze. My family nestled in tents with other camping families amidst these fragrant evergreens and called it home for the season. The woodlands held secrets, wild blueberries, warm sunlight, and pines~ sticky with resin that we chewed as a kind of wild gum. Climbing into the pines was a way to find peace and quiet; to nestle up against the trunk on a large branch and simply listen. Chickadee and woodpecker, chipmunks rustling on the forest floor, children playing in the distance; waiting for the soft sound of the pine needle song that never failed to comfort and calm. Something touched me in these encounters with the pines; soothed and comforted and taught me how to be still.

Years later, I realized the pines had been my first teachers in learning about the Northeast woodlands. The pine-oak forest, maple-beech-ash forest and other forest types that occur throughout this part of the country each hold a unique pattern of trees, shrubs, flora and fauna. Each bioregion, with its specific habitat, has a special “feel” to it~ an essence that permeates the particular forest one is exploring or simply walking through.

Though the pines initiated me into a love of trees, I have found that every, grove every park, every woodland has much to share. There are tree medicines in the barks and needles, resins and fruits of both hardwoods and evergreens. Wild cherry bark to soothe a cough; pine needle tea to clear lungs or simply enjoy as a tasty wild beverage; evergreen resins to heal a burn or old wound, calm inflamed joints or use as a fragrant incense to enliven the senses; wild cherries to eat in hand or prepare as an elixir to brighten a winter day. Even sap to sweeten our lives~ maple and birch; or pine pollen to enhance our energy, there is healing and magic in these wild places. Perhaps the greatest gift is in reminding us of our own wild nature and place on this gracious, beautiful planet.

Each tree, as each shrub or flower, insect or animal, stone or element has a place in the web of life. Each of us is a part of this intricate holy weaving, this miracle. I believe each has an essence, a unique gift, a particular “voice” that we can learn to hear. The way I have found I can perceive this “voice” is through a wakeful stillness. My initiation by the pines was rooted in my childhood experience, but deeply enriched by another encounter many years later.
One soft, autumn evening I walked with my husband and eight year old son under the full harvest moon. We were heading away from the “Full Moon Coffeehouse” in the town center, as the sweet strains of a fiddle became softer as we walked on. We found ourselves approaching our home from the back pinewoods, the full moon light soft on the golden needles spread beneath the trees. Enchanted by the warm evening, moonlight on the trees and not ready to go inside, we simply sat at the base of the pines and soon found ourselves lying in the carpet of needles looking up through the branches of these perfect trees. And slipped into a wakeful sleep—pines mediation that lasted a while. I felt as though I became a part of the forest floor, my body merging with the fabric of soil and roots of the trees holding me. I felt the strength of the trees, the complexity of the structure of the woods, along with a deep sense of peace and trust—filled by the essence of the white pines. A slight breeze tickled the three of us awake, and as we slowly rose to continue home a special smile and knowing passed among us.

In the years since, I have used this simple practice to learn from and experience listening to the trees and other plants; also, when traveling I hear the land upon which I rest. My family may tease me about my “sleeping tours” of wherever I roam, but I have felt heard and fed, connected with and blessed by each experience. Gathering shells from the seashore, I leave a shell or two at each place, tree or flower I visit—a small gift from a grateful heart. Whatever practice you find helps you connect with nature, may you be blessed with many sweet adventures in the wild places.

In listening to the White Pines, and preparing a flower essence, they shared the following: White Pine essence carries a strong life-force and can be used in times when energy is depleted whether through too many activities, or when one has lost one’s sense of direction or purpose. It helps us remember how to “put the pieces back together” after experiencing a trauma, grief, loss, shattering of ego or core-identity. For times when one has been shaken to one’s bones. This pine essence provides a Guiding light that serves to illuminate and support one’s re-membering, the core of what is most important to the individual, as well as the connection we have to our ancestors and extended family. It helps one to see one’s connection with the plant world, with Nature, the Earth and Life; to see that we are joined in a field of light or consciousness. The essence is uplifting, encouraging a sense of optimism and emotional positivity. It helps bring peace and tranquility in times of doubt, angst, inner turmoil. Also to increase tolerance, heal discord and support renewal in relationships/friendships that have been fractured in some way.

White Pine offers the human soul the strength to continue, light to guide the way, and a softness to dissolve the grief and pain of separation.

**Pine as Food & Drink**

The healthy fats contained in pine nuts work to balance the lipids inside the blood and in cell formation. These processes both work to lower triglyceride, or fat storage, levels within the body. In turn, both monounsaturated and polyunsaturated fats help reduce the risk of heart disease by maintaining healthy blood pressure and fat count. One ounce of pine nuts contains nearly 9500 mg of the Omega 6 fatty acids while also containing about 30 mg of Omega 3 fatty acids. This high amount of healthy fats nearly cancels out the mere 1 to 2 grams of saturated fat found in each serving of pine nuts.

The herbal tea is rich in vitamins A and C contents. The tea has a pleasant smell and mild taste. A tea prepared by steeping juvenile, green pine needles in boiling water is called ‘tallstrunt’ in Sweden. Pine is also delicious in liqueurs.

The soft light colored inner bark is rich with beneficial starches and sugars of pine and has long been used as a survival food. Some people eat the inner bark raw as a snack after slicing it into smaller pieces,
while there are others who dry the inner bark, grind it and use the powder to prepare foods like pine bread and also to coagulate soups and stews. In his book Stalking the Wild Asparagus, naturalist Euell Gibbons recounts not so tasty attempts to recreate native American bark recipes, but Yukon herbalist Beverly Gray substitutes the fresh inner bark for pine nuts in her pesto mixes finding it better than the nuts and recommends a Sami recipe for pine bark crackers (recipe below)

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### Christmas Tree Liqueur
adapted from: cauldronsandcrockpots.com

- 2 parts vodka. (middle-of-the-range brand makes a slight difference, but there’s no point in expensive as you’ll be flavoring it)
- 1 part Pine tree needles
- 3/4 part sugar (Organic, evaporated)
- A blender.

**Method:**
-- So let’s say you have 2 cups of needles. Put them in a big airtight container and cover with vodka.
-- Leave them here for a week. Then after a week, put the whole thing through the blender before straining.
-- Put the strained liquid back in the jar, and add the sugar.
-- Shake on occasion until the sugar is fully dissolved, taste for sweetness (you might like it more sweet) then bottle and label.

The flavors mellow out after they’ve been sitting for a while and in a year it’ll be quite spectacular.

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### Pine Bark Bread
adapted from Sami herbalist Laila Spik by way of Beverly Gray

*To obtain bark flour: Remove pieces of outer bark from a pine and allow to dry. Break into small pieces. Place into blender or grinder to grind into a fine powder. Sieve to remove any hard residue.*

- ¾ cup + 2 TBLSP Pine bark powder
- About 1 ¼ cups cold water

**Method:**
-- Mix all the ingredients and form a dough. Add a small amount of extra water or flour if necessary to ensure dough is neither too sticky or too dry.
-- Roll out to very thin sheets and prick with a fork. Cut into bite-sized pieces. Place on a lightly oiled pan.
-- Bake in the oven for about 3 minutes. Flip sheets halfway through. The crackers will have a pita bread like consistency when they first come out of the oven but they will harden as they dry out.
-- Pine bark crackers is delicious when served with goat cheese and a dollop of fireweed jelly or with juniper butter.

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### Acorn, Pine & Mesquite Cheesecake
*from: www.cauldronsandcrockpots.com*

- ¾ cup acorn flour
- ½ cup mesquite flour
- 1 cup oat flour
- 11 tb butter, melted
- ½ tsp salt
- grate of nutmeg
- 2 packs cream cheese
- 1 tsp vanilla
- ½ cup pine infused honey
- 2 eggs
- 2 tb spiced rum

First, make the crust- combine the flours, salt and nutmeg in a bowl, and stir in the melted butter. Press into the bottom of a pan (I used a cast iron pan, but you can use a spring-form pan- the crust holds together really well), and bake for 15 minutes at 325. While that’s in the oven, beat the cream cheese and sour cream until really light and smooth- about 3 minutes. Add the eggs one by one, and beat until combined, then the honey, and the rum. Note: you can substitute chestnut flour for the acorn flour

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### Pine Tree Ache & Pain Liniment
*from Boreal Herbal by Beverly Gray For soothing tired sore inflamed muscles – for external use only*

- 2 parts vodka. (middle-of-the-range brand makes a slight difference, but there’s no point in expensive as you’ll be flavoring it)
- 1 cup Pine needles
- 1/4 cup Spruce (or pine) pitch
- 2 cups which hazel or rubbing alcohol

**Method:**
-- Place pine needle, pitch in a jar with which hazel or rubbing alcohol.
-- Let mixture sit for 6 weeks shaking daily.

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### Pine Salve a couple versions

Eliot Wigginton’s Foxfire One: Home Remedies: “Take one cup of pine resin, about one ounce of camphor-phonique, one cup of mutton tallow, and ten to fifteen balm of Gilead buds. Put it all in a frying pan and heat until liquid. Mash the buds until all the juice is out of them. Strain and put into jars and cover. Makes about a pint.”

“Make a salve of white pine resin and mutton tallow.”

Michael Moore: Pine Pitch Salve “in rural gas stations and general stores, usually a simple recipe of Piñon or Ponderosa resin melted into a carrier oil and then thickened with beeswax.”
**Pine Household Cleaner**

from Boreal Herbal by Beverly Gray

For sinks and counter tops

- 10 drops Pine oil
- 2 teaspoons Borax
- 2 cups water

-- Mix ingredient together and pour into spray bottle. Shake before using.

**Sources:** [more citations forthcoming]

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Let us go now into the forest.
Trees will pass by your face,
and I will stop and offer you to them,
but they cannot bend down.
The night watches over its creatures,
except for the pine trees that never change:
the old wounded springs that spring
blessed gum, eternal afternoons.

If they could, the trees would lift you
and carry you from valley to valley,
and you would pass from arm to arm,
a child running
from father to father.
- By Gabriela Mistral

1st century pinecone fountain - now at the Vatican