Ok so we have all seen Bear Grylls and Mykel Hawke making pine needle tea, but how do you make pine needle tea and why should you?

Firstly it tastes pretty good, especially if you are out in the wild and you don't have anything else to drink (plain hot water isn't great). It is absolutely full of vitamin C. The article below states: pine needle tea contains 4-5 times the Vitamin C of fresh-squeezed orange juice. When cooled pine needle tea can also be used as an antiseptic wound wash.

**Get out there, pick some pine needles and make some tea! Helpful this time of year to keeps colds and flu away too!**

As with our previous post on collecting and storing nuts, getting out in the woods with the kids collecting pine needles is great fun. Get them interested whilst they are young!
How to Make Pine Needle Tea