

Date: February 3, 2013

To: [www.ruralsurvival.info](http://www.ruralsurvival.info)

From: April Gardner

Re: Pine Needle Tea

---

## Pine Needle Tea

**Question:** Why did British sailors prize lemons to prevent scurvy and Native Americans not afflicted? **Answer:** Pine Needles.

It is a very simple remedy to always have sufficient vitamin C, if you chew on or brew pine needles for tea. Simply remove needles from indigenous pine, rinse off any pollen, dust or dirt and chew or quickly boil for tea. Do not simmer for an extended period of time because heat depletes all natural vitamins from everything that we consume. Chlorophyll in the pine needles is what provides not only vitamin C but vitamins A and E, too.

Pine needles are the leaves of pine trees. It is through these needles that pine trees process their life source: Sunlight. Needles turn sunlight into food energy for pine trees through chlorophyll transforming sunlight to combine with water and carbon dioxide. The resulting food energy for trees is sugar.

Chlorophyll is contained in chloroplasts and captures light. Chlorophyll is the pigment of green, too. We understand this entire process as photosynthesis. The end results are oxygen for breathing, wood for the fire, and maple syrup for breakfast. Without the knowledge of Native American Indians, early settlers would have never known of the benefits of pine needles and sap. Therefore, the next time you sip on a cup of pine needle tea or are walking through the woods and decide to chew on a few needles to assist your immune system, look around and thank Native American Indians for sharing their generational genius with America's early settlers.