

Pine Needles/Cones/Bark

There is no doubt that pine trees have provided food and medicines over the ages.

Which trees are safe?

There are many varieties of pine – some are toxic and there is the danger of mistaking other toxic trees like the yew.

The best pines for tea and **those to avoid** are listed [here](#). Red Indian tribes have used the Eastern White Pine and Red Pine, which are not common in the UK. <https://www.youtube.com/watch?v=xnERNeYcw6A>

Pine needle tea is also consumed by northern Europeans and widely used in the Baltics. The inner bark (cambium) of many trees including the pine has been the major food source in winter for many people in the past.

Most of the dried needles on sale seem to be of the common Scots Pine (*Pinus Sylvestris*) – the tea is rather expensive. These trees can be found in parks and golf courses. [Scots Pine | HerbaZest](#) They are easily identified and fresh pine needle tea has a better aroma and taste than dried.

It is worth foraging for pine branches after a storm, you may find Scots Pine in supermarket car parks. Many mushrooms are also found in association with pine trees.

WARNING

- Pregnant women, breastfeeding mums and those with kidney problems **should not** have this tea. Also, some people may be allergic to the pine oil.
- Note the side effects – some of these may be symptoms associated with what is known as a healing crisis when the treatment encourages the body to get rid of toxins.
- Please note potential side effects: Irritation in the throat and mouth; Inflamed patches on the skin; Vomiting; Nausea; Dizziness; Headaches; Diarrhoea. <https://familyhealthadvocacy.com/10-unbelievable-things-you-never-knew-about-pine-needle-tea/> I got some of these reactions when I drink too much pine syrup because it was nice. It did clear mucus out of the digestive tract. However, there were no noticeable side effects when I had just 2 tsp of syrup with lemon and water.
- Some people are allergic to pine oil which can irritate the lungs and cause digestive and skin problems. . So, start with small doses to test your reaction. Perhaps start with a tea (an infusion) and then try a syrup (using a decoction). When using a decoction, start with one tsp dose and work upwards.

Benefits

It is claimed that pine needles & cones contain:

- 4 to 5 times more **Vitamin C** than orange juice.
- **Vitamin A**, which may improve vision
- high level of **antioxidants** and DNA-protective properties. The antioxidants may help repair neural connections and improve memory.
- **Anti-inflammatory** compounds;
- **Antifungal**
- **Anti-viral** components such as terpinene, camphene, and limonene.
- Both [Suramin](#) and [Shikimic acid](#) can be derived from pine trees. Suramin can inhibit blood coagulation. Shikimic acid, in Tamiflu can also reduce blood coagulation. This study - https://www.researchgate.net/publication/305639160_Anti-platelet_and_anti-thrombogenic_effects_of_shikimic_acid_in_sedentary_population - claims that shikimic acid *is known to have anti-diabetic [15], antibacterial [16], anti-inflammatory [17], analgesic [18], antioxidant [18], and anti-thrombogenic [19] effects*. It claims its research suggests that Shikimic acid, an active metabolite of

polyphenol-rich food intake, could play an important role in reducing platelet activation, aggregation related thrombus formation and biomarkers of thrombogenesis in sedentary individuals.

See: <https://www.whiterabbitinstituteofhealing.com/herbs/pine/>

Recipes

Pine needle tea - several herbal texts refer to this

Different people give different recipes; here are some I found at random.

Decoction: Times vary <https://farmtheworld.org/2021/10/12/how-to-make-pine-needle-tea/>

Infusion: Pour boiling water and steep [Pine Needle Tea: How To Make It & Benefits | Organic Facts](#)

Cold water infusion: Steep the needles in cold water for a couple of days.

Some people add other ingredients for zinc, quinine, extra Vitamin C etc.

Cough Syrups

There are commercial cough syrups e.g.

- [Bronchosan](#) by Vogel made from Norway Spruce (the common Xmas tree!)
- [Biover](#)
- This looks like a very [reasonably priced](#) simple syrup
- With [other herbs](#)
- [Allans](#) – good herbal remedy but had additives like sunset yellow and benzoates

Make your own Syrup

<https://thelostherbs.com/how-to-make-pine-cough-syrup/>

Ingredients

1.5 cups of water

1 cup pine needles chopped (remove brown ends)

4 tablespoons of honey

1" of ginger chopped

Lemon (optional)

Method

Pour 1.5 cups of boiling water on needles and ginger.

Leave to steep for 30 mins – the pine needles will turn colour.

Strain the liquid.

Stir 4 tablespoons of honey.

Store the liquid in an airtight container in the fridge.

Use within 2 weeks.

Recommended Use

You can have up to 8 tablespoons a day.

Add a squeeze of lemon if too sweet.

My experience

The honey and lemon are laxatives. It can make you purge. But, it looks like it is good for detox.

Pine cone syrup – must remember to try next spring

Good resource : <https://foragerchef.com/mugolio-pine-cone-syrup/>

Mugolio, or Pine Cone Syrup

★★★★★
4.91 from 76 votes

Dark, rich syrup infused with the essence of pine. Makes a little under 2 cups. This is a small amount, you can scale the recipe using the same proportions as needed. For large batches, just combine pine cones with approximately twice their weight in non-white sugar.

Prep Time 5 mins	Maceration Time 60 d
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Course: Breakfast, Brunch, Condiment, Dessert Cuisine: Hungarian
Keyword: Birch syrup, Pine Cones Servings: 8

Ingredients

- 2 cups (8 oz) young red pine or other pine cones (soft enough to be cut with a knife) *
- 2 cups (16 oz) organic brown sugar or other brown sugar, just not white which is dry and makes a clear syrup

Instructions

1. Combine the sugar and pine cones and pack into a quart jar, then allow to macerate (age) in a cool dark place for at least 2 months.
2. During the first few weeks of maceration, open the jar occasionally to release carbon dioxide as the mixture will ferment vigorously. Shake it occasionally to help it on its journey.
3. After the maceration is complete, scrape the sugar slush and pine cones into a pot, bring to a boil, then strain and bottle.
4. The syrup is stable at room temperature since the fermentation lowers the pH, but will keep the best flavor in the fridge. It can also be water bath processed.

Notes

*I use young cones of Pinus resinosa (red pine) but many different pine cones (and even cedar cones) can work similarly. Each one I've tried has a slightly different flavor.

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- Example: Pine syrup from Hampstead Heath <https://www.youtube.com/watch?v=tCyjyFdojOw>
- A simple recipe: <https://www.youtube.com/watch?v=toXyr00EK7I>
- how to make sweets with the residue of sugar <https://phytoalimurgia.com/dwarf-mountain-pine-syrup/>

Candied Pine Cones

The London Chef : <https://www.youtube.com/watch?v=zljllkwgnY>

200g Green Pinecones

800ml Water

300g Sugar

Method

Remove stems

Bring all ingredients to the boil; then simmer for 3 hours until pine cones become soft & chewy and the syrup is thick.

Syrup is known as pine cone honey and can be used in drinks.

Serve pine cones with roasted pumpkin.

Pine cone Jam

Turkish recipe: <https://www.youtube.com/watch?v=0ey10Utnljg>

Bring 2 kg of pine cones to boil until soft.

Strain and add 1 kg sugar to liquid.

Boil until syrupy and bottle.

Suramin and Shikimic Acid

Suramin is not Shikimic Acid

Many online sources on the internet seem to confuse Suramin with the Shikimic Acid found in many plants after statements made by Dr Judy Mikovits. Suramin is a synthetic drug, initially used as an antiparasitic. It is administered intravenously and can be lethal in inappropriate doses. It is being tested for other diseases including autism and cancer. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7038244/> lists diseases which respond to Suramin in Table 1 and clinical trials in Table 2.

For Autism see <https://www.autismparentingmagazine.com/autism-suramin-evolution/>

Research corroborates Dr Mikovits' claim that Suramin is an antidote for COVID-19 – search with “Suramin covid pubmed” for recent papers. E.g.

<https://pubmed.ncbi.nlm.nih.gov/32513797/> ; <https://pubmed.ncbi.nlm.nih.gov/33674802/> ;

The constitution of Bayer's Suramin is a trade secret and there is no statement that Suramin contains pine needle extract. However, Odell claims that Pine needle oil (toluene) was used as a botanical source for trypan blue and Suramin was originally synthesised from trypan blue. <https://www.biologicalmedicineinstitute.com/post/eastern-white-pine-tree-needles-a-natural-source-of-suramin>

This paper compares the antiviral properties of Suramin and Prunella Vulgaris (a wild plant known as Self Heal) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8189562/> , which is a creeping weed in our garden.

Shikimic Acid

The antiviral Tamiflu is based on Shikimic acid, which was initially extracted from a traditional medicinal spice - the [Chinese Star Anise](https://pubmed.ncbi.nlm.nih.gov/21549817/) (the Japanese variety is toxic) (2011) <https://pubmed.ncbi.nlm.nih.gov/21549817/>.

Shikimic Acid is found in many plant sources including pine needles used as a traditional antiviral and immune system booster. <https://deeproootsathome.com/pine-needle-tea-potential-antidote-for-transmission-of-spike->

[protein/](#) These researchers demonstrated that Shikimic acid can be extracted by [boiling fresh pine needles](#) but it was difficult to compete with cheaper Chinese products
http://archive.boston.com/news/local/massachusetts/articles/2010/11/07/maine_pine_needles_yield_valuable_tamiflu_material/ .
<https://www.naturalnews.com/2021-05-09-is-pine-needle-tea-the-answer-to-covid-vaccine-shedding-suramin-shikimic-acid.html#>

Notes:

- Sweetgum: An ancient source of beneficial compounds, including Shikimic acid.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4441155/>
- [Star Anise](#)