

# Shikimic and Vitamin C Tea

1 T. Pine or Spruce bark cut or needles  
1 T. Fennel seed  
1 T. Wild lettuce leaves  
1 T. Red Raspberry leaves  
6 C. distilled water

Add bark and seeds to the 5 cups of water and low simmer for 20 minutes. Remove from heat and then add the wild lettuce and red raspberry leaves. Steep for 10 minutes. Strain and add honey to taste, if desired. Makes about 5 1/2 cups of tea.

Recipe by Kelly Pomeroy