

WILD PLANTS

**Plant of the Month: White Pine AKA Eastern White Pine, Northern White Pine
Family: Pinaceae AKA Pine Family**

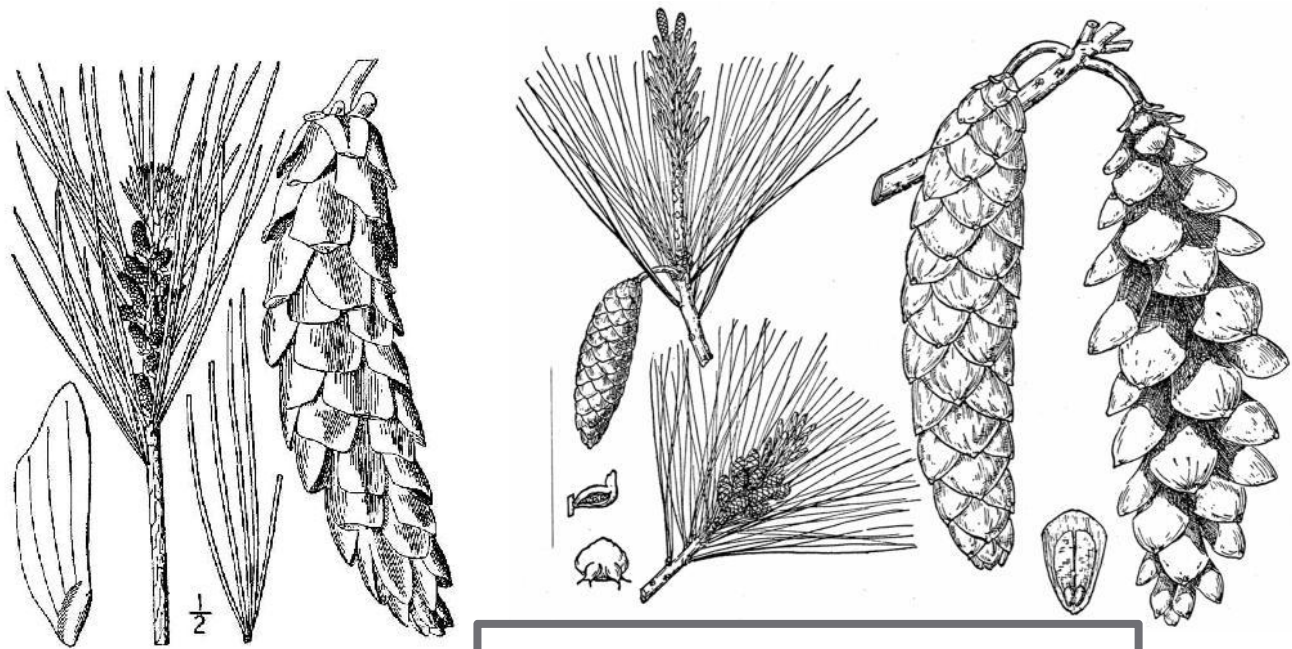
White Pine (*Pinus strobus* L.) is a year round food and medicine resource. The needles are rich in vitamin C and can be made into a tea to boost immune system and was used historically to prevent and treat scurvy. I also chew on the needles to extract the juice, often when I am out for a hike. The seeds (AKA pine nuts) are edible, but not easy to obtain from this species of pine. The pollen is highly nutritious with strong antioxidant & anti-inflammatory properties¹. It is purported to be very beneficial for those trying to boost their testosterone. Word of caution: If one is allergic to air-born pine pollen, then consuming it would likely cause a potentially serious allergic reaction. All pine trees contains oleo-resin, whereby turpentine can be derived. Turpentine consists of an average of 20% of the oleo-resin and is separated by distillation. This is not a simple process. Turpentine has been used for centuries for medicinal parasites.

¹ Lee, K.-H., Kim, A.-J. and Choi, E.-M. (2009), Antioxidant and antiinflammatory activity of pine pollen extract *in vitro*. *Phytother. Res.*, 23: 41–48.



This information is intended for educational purposes only. Please do your own research and do not eat or use any wild plants based solely on this information or any one source.

Please see my website for information on how I use turpentine for treatment of parasites and fungus.



WHITE PINE (*PINUS STROBUS*)

Sargent, Charles Sprague *Manual of the Trees of North America* (Boston, MA: Houghton Mifflin Company, 1905). [Public Domain].
 USDA-NRCS PLANTS Database / Britton, N.L., and A. Brown. 1913. *An illustrated flora of the northern United States, Canada and the British Possessions. 3 vols.* Charles Scribner's Sons, New York. Vol. 1: 56. [Public Domain].
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