

Spicebush Tea Instructions

Spicebush **twigs** make a good winter tea when there is little else to forage. Snap these into approximately inch-long pieces or smaller. Per cup, put about 2 tablespoons of the twigs in a heatproof container. Pour a cup of boiling water over the twigs. Cover the container and let steep for 10 – 15 minutes. Strain out the twigs and sweeten to taste. Note: do not boil or simmer the twigs, because that makes this beverage more bitter than aromatic. Reheat if necessary – this drink is tastiest warm.



To identify Spicebush in winter, look for dark, slender twig shrubs in moist wooded areas. The tips of the twigs will have a greenish tint to them. The twigs and bark on the trunk will be covered with light-colored dots called lenticels. If you scrape the bark, it will have a lemony, fruity smell.

[Bark on Main Trunk >](#)

For info on making Pine Needle Tea

<http://www.practicalprimitive.com/skillofthemoth/pineneedletea.html>

