

Pinus variety of species
Family: *Pinaceae* -pine, fir, spruce
Parts Used: leaf (needles), inner bark, sap (resin)

There are about 115 species of the pine family throughout the world. They are commonly referred to as conifers due to the cones, which are the fruits and flowers of a pine tree. Many share these same healing properties although the White Pine (*Pinus strobus*) is the most studied and used.

Properties

Antibacterial (sap), antioxidant, antiseptic, antiviral, analgesic, astringent, diuretic (inner bark), demulcent (inner bark), decongestant, diaphoretic, expectorant, rubefacient, vermifuge.

Energetics: warming, pungent
Systems Affected: respiratory, urinary

Uses

- High in vitamin C (5-6 lemons worth)
- Immune booster that also decreases healing time for illness.
- Cold, flu, fever
- Respiratory conditions, congestion, cough, sore throat, etc.
- Sinus congestion and infection (steam inhalation and tea)
- Kidney and bladder problems (inner bark)
- Disinfectant and drawing for splinters, boils, insect bites, abscesses, etc.
- Cuts, wounds, burns, and skin conditions.
- Can relieve muscle and joint pain and stiffness.
- Repel ticks and fleas
- Disinfectant and cleansing. Use to freshen the air and clean your home.
- Essential oil diffused or inhaled can help with insomnia and depression. It lifts the mood and cleanses the mind and body.
- Survival food to get vitamins and minerals in the body. Leaves, inner bark, and sap can be chewed (though generally not swallowed due to texture) or made into a tea. The tea will get the vitamins and minerals absorbed into the body. Depending on the season the pinecones will have nuts in them that are edible and will give protein and other nutrients.

Herb Preparations

- Tea, gargle
- Syrup, honey
- Bath, wash, steam inhalation
- Oil, salve, ointment
- Extract, vinegar
- Powder
- Essential oil (always use with a carrier oil or salve for topical use)
- Add to home cleaners for disinfecting, cleansing and fresh smell.
- Survival food

Foraging/Harvesting

Found in forests, mountain areas, slopes and in neighborhoods and parks.

- Leaves: can be gathered at any time during the season, chop before preparing.
- Sap: can be found already oozing from the bark either fresh and sticky, or dried. It can be gathered fresh in the early spring when the sap is flowing by boring about two inches into the bark.
- Inner bark: gather from twigs and branches, not the trunk.
- Any of the gathered parts can be dried and stored for future use.

Safety

There are a couple species of pine that are not edible - Single-leaf Pinyon (*Pinus californiarum*) and Loblolly Pine (*Pinus taeda*). Only the inner bark is edible on the Eastern Hemlock.