

# INFUSE

Week 1 - Introduction

Pine (*Pinus* species)

Gathering  
GROUND

# INFUSE

Welcome to Pine Month!

I'm thrilled to dive into the medicine of this graceful beauty with you!

We'll begin with a journey to meet the spirit of Pine.

I'll share some clues in identifying Pine and invite you to meet them in the wild.

And finally I'll offer altar suggestions to honor this month's plant ally.

Peace,

A handwritten signature in black ink, appearing to read "Liz". The signature is fluid and cursive, with a long horizontal stroke at the end.





We begin with an introduction to Pine  
in the following journey...



# meet Pine

# etymology

The word Pine comes from Latin *pinus*, meaning "Pine tree."  
It may originally derive from Proto-Indo-European *pi-nu* from the  
root *peie*, "to be fat, swell"

This could be a reference to the pitch or sap that exudes from the  
tree. In Sanskrit, *pituh* means "juice, sap, resin," while *pitudaruh* means  
"Pine tree." In Greek, *pitys* means "Pine tree."

Many folks use the word "pine" to describe trees that are not necessarily Pine (*Pinus*), nor are they even in the Pinaceae family.

Trees in the Pinaceae family include:

*Pinus* species or Pines

*Picea* species or Spruces

*Abies* species or Firs

*Tsuga* species or Hemlocks

*Cedrus* species or "True" Cedars

*Larix* species or Larches

plus Asian species *Cathaya*, *Keteleeria*, *Nothotsuga*, and *Pseudolarix*

For the sake of simplicity, this month we are focusing solely on trees in the *Pinus* genus.



distinguishing conifers

# identification

In general, we can identify Pines by their:

Long slender leaves or needles

# identification

In general, we can identify Pines by their:

Pollen producing cones that emerge in the spring



# identification

In general, we can identify Pines by their:

Receptive cones that ripen in late summer to early fall


# distribution

There are somewhere around 115 species of Pine on this planet, mostly distributed throughout the Northern Hemisphere.

There are over 50 species of Pine in North America, 9 of them introduced and the rest native.

Pines have been on the planet for at least 140 million years.



A close-up photograph of an Eastern White Pine branch. The image shows several clusters of long, thin, dark green needles. In the foreground, a cluster of small, yellowish-orange male catkins is visible. The background is slightly blurred, showing more of the tree's structure and a glimpse of a blue sky.

Eastern White Pine (*Pinus strobus*) is an evergreen tree with a whorl-patterned branching habit. This makes them great trees for climbing! In older trees, however, the branches extend well above arms reach.

The leaves are delicate, soft needles in groupings of five.

Bark is platy and ranges from gray to dark brown.

Small, curved, pollen-bearing male catkins appear in clusters in spring, each one about 1 inch long and yellow-orange in color.

The slender, elongated female cones are 3–8 inches long.

## Eastern White Pine



Where the tree is wounded or has dropped a branch, sticky white pitch exudes.

The fragrance of Pine, sweet and resinous, urges one to breathe deeply, instilling a feeling of peace in the mind and body.

Eastern White Pine

# Pitch Pine

Pitch Pine (*Pinus rigida*) features rigid needles in groupings of three.

The habit of Pitch Pine varies greatly depending on its environment. In mountainous regions, Pitch Pine is a low-growing shrub reaching only about 1 foot high.

In winter, you'll find a wide variety of birds nibbling at the seeds in Pitch Pine cones. The stout, roughly pyramid-shaped cones are 1–3 1/2 inches long.



Head to a nearby park or forest.  
Seek the evergreens standing out amidst bare limbs  
of deciduous trees.

Follow your nose.  
Breathe in deeply - notice the aroma that Pine gives.

Follow your ears.  
Notice the way fallen Pine needles dampen the  
sounds around you.

Feel beneath your feet.  
Sense the thick carpet of needles providing a soft  
place to rest.

invitation

[gatheringground.nyc](http://gatheringground.nyc)



*To me a lush carpet of pine needles or spongy grass is  
more welcome than the most luxurious Persian rug.*

~Helen Keller

# honoring

Set up an altar to Pine.  
Here are some suggestions for what to include:

Pine boughs, cones, or needles

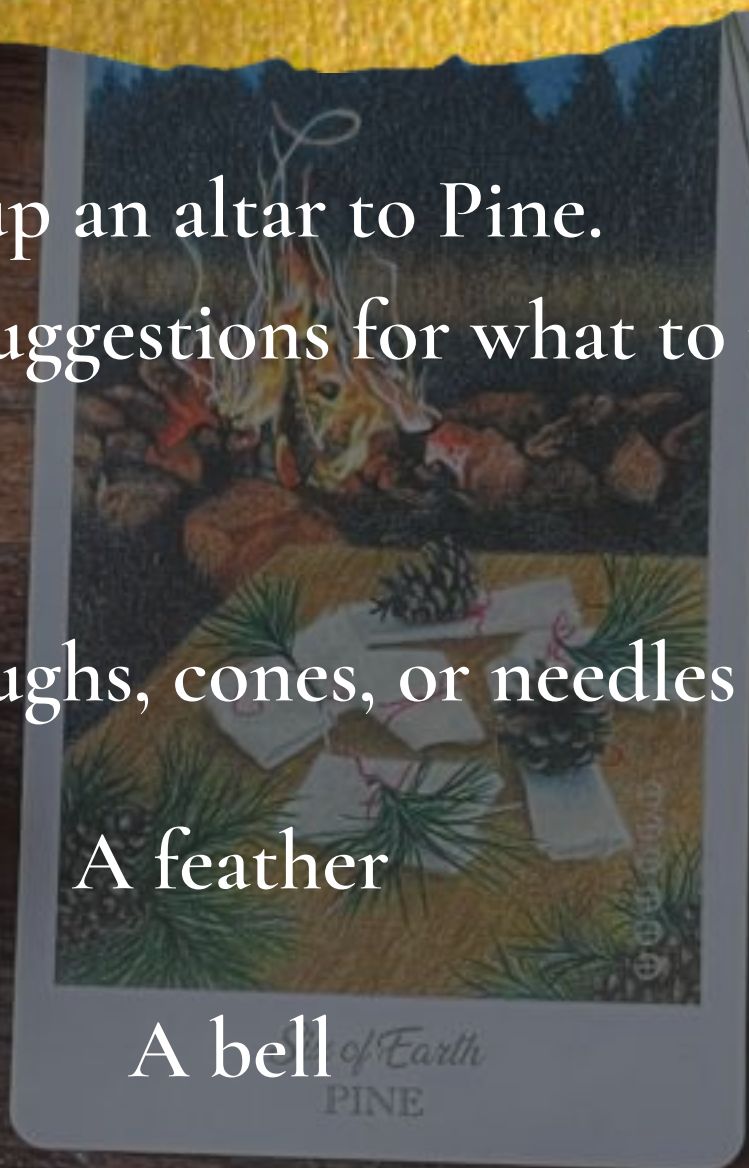
A feather

A bell *of Earth*  
PINE

Green or yellow candle

Green, yellow, amber, or clear stones or crystals

Artwork featuring Pine





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# INFUSE

Week 2 - Sweet Peace

Pine (*Pinus* species)

Gathering  
GROUND

# INFUSE

It's Pine Week 2

If there's one word I would use to describe the medicine of this healing plant, it is *peace*.

And that's what this week's lesson is all about.

With love,

A handwritten signature in black ink, appearing to read "Liz". The signature is written in a cursive, flowing style with a long, sweeping tail on the final letter.



## FIVE A.M. IN THE PINEWOODS

I'd seen  
their hoofprints in the deep  
needles and knew  
they ended the long night  
  
under the pines, walking  
like two mute  
and beautiful women toward  
the deeper woods, so I  
  
got up in the dark and  
went there. They came  
slowly down the hill  
and looked at me sitting under

the blue trees, shyly  
they stepped  
closer and stared  
from under their thick lashes and even

nibbled some damp  
tassels of weeds. This  
is not a poem about a dream,  
though it could be.

This is a poem about the world  
that is ours, or could be.  
Finally  
one of them— I swear it!—

would have come to my arms.

But the other  
stamped sharp hoof in the  
pine needles like

the tap of sanity,  
and they went off together through  
the trees. When I woke  
I was alone,

I was thinking:  
so this is how you swim inward,  
so this is how you flow outward,  
so this is how you pray.

Mary Oliver, *House of Light*  
Beacon Press, Boston (1962), pp. 32-33

# invitation

Visit a Pine grove, in your mind or in physical reality.  
Feel the softness of the bed of needles beneath your feet.

Allow your body to settle.

Allow the sensation of the needles to travel up through the soles of  
your feet and up into your heart.

Take a deep breath in.

Inhale the sharp, resinous aroma of Pine.

Inhale.

Exhale.

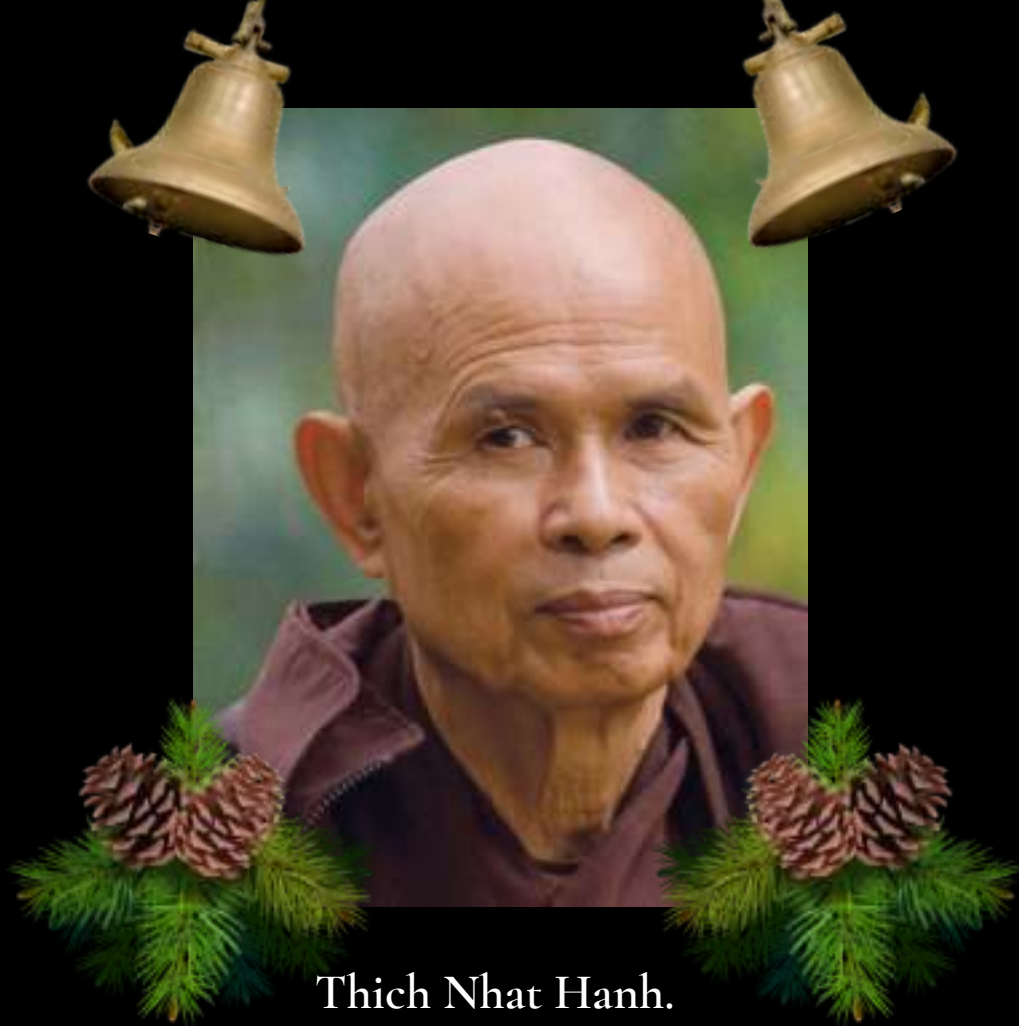
What do you notice?

What feelings arise in your body?

Your mind?

Your heart?

Your spirit?



Thich Nhat Hanh.

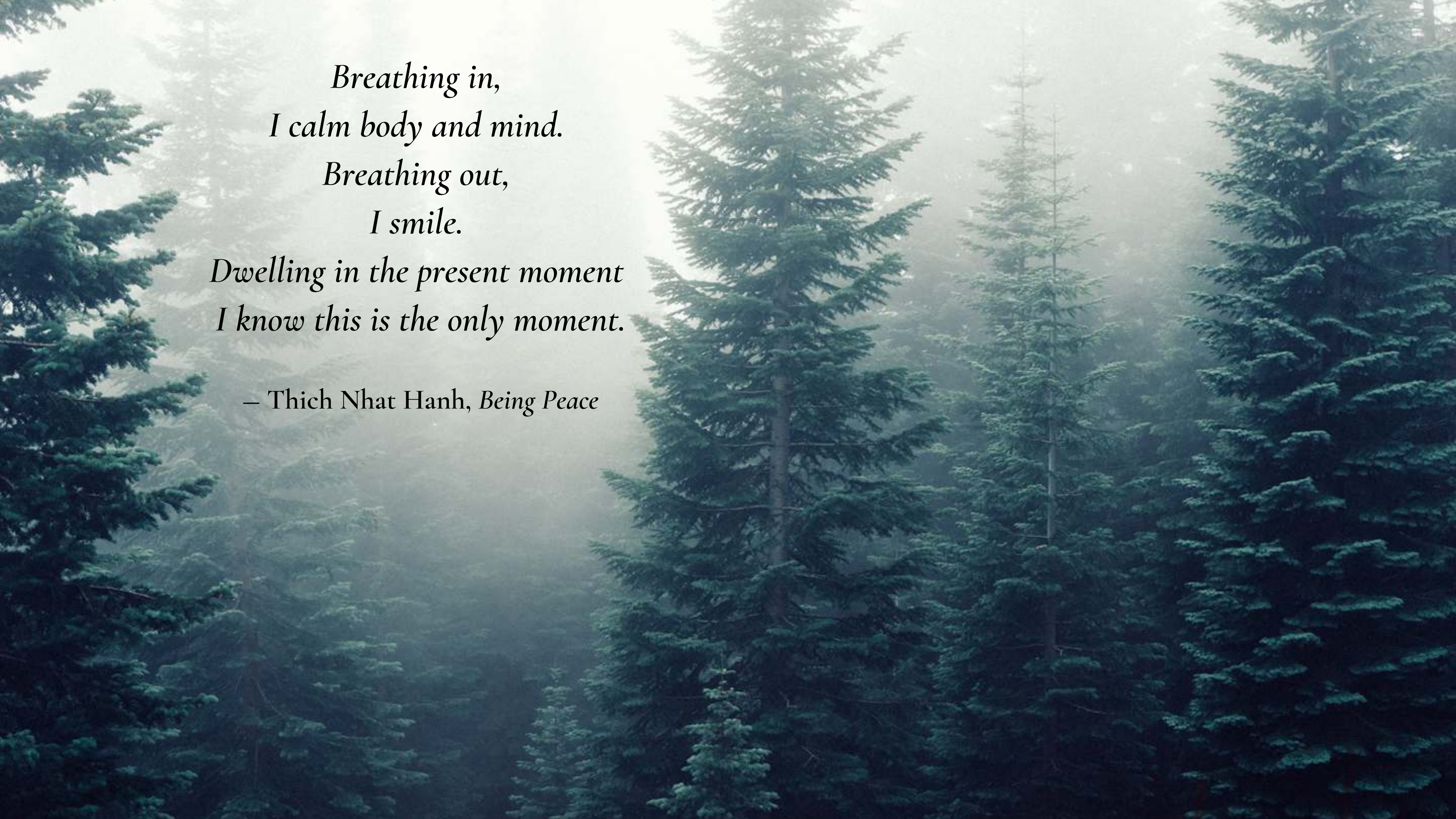
Photo by Brother Phap Due via Lion's Roar.

The late, great, peace activist  
Thich Nhat Hanh shared that  
*Peace is every breath.*

Pine teaches us this lesson very  
directly. Pine calls us to breathe  
deeply, and in doing so we bring  
healing to our body-mind-spirit.



peace

A misty forest of evergreen trees, likely spruce or fir, with a soft, hazy atmosphere. The trees are dense and fill the frame, with a light mist or fog filtering through the canopy. The lighting is soft and diffused, creating a serene and peaceful mood.

*Breathing in,  
I calm body and mind.*

*Breathing out,  
I smile.*

*Dwelling in the present moment  
I know this is the only moment.*

– Thich Nhat Hanh, *Being Peace*



*The white pine tree was the tree chosen by the Peacemaker as a symbol of the unity of the nations of the Haudenosaunee confederacy. Its needles which always grow in clusters of five are symbolic of the uniting of the nations. The white pine also has broad branches that can provide shelter and it is beneath the tree that the Peacemaker asked the Chiefs to join him.*

Haudenosaunee Confederacy website

[Read more about the story of the Tree of Peace \(Skaçhetsi'kona\).](#)

peace



*We uproot the tallest White Pine,  
into the cavity we cast all weapons of war.*

*We replant the tree and with this establish the Great Peace...*

Watch this short video to learn more: [Haudenosaunee's  
Legendary Founding](#).|[Native America](#)|[Sacred Stories](#)|[PBS](#)

[gatheringground.nyc](http://gatheringground.nyc)

# lungs



Pine brings peace to the respiratory tract, relieving chronic bronchitis and sticky, irritating coughs where congestion is present. An infusion or tincture of the inner bark or needles can be used for this purpose. Wild Cherry Bark makes a nice addition for coughs that keep one awake at night.

The needles and inner bark contain vitamin C and help reduce cold symptoms and soothe sore throats. Historically, the needles were used to prevent scurvy, or severe vitamin C deficiency.

Pine restores peace in the heart, physically, energetically, and spiritually.

Pine infusion, tincture, elixir. or honey helps inspire deep breaths and loving energy for a grieving heart.

The whorled branches growing rhythmically up the tree are a signature for the heart and spine. Pine is a pain-relieving circulatory stimulant.

heart



# nervous system

The long slender needles of Pine are a signature for the nerves. We can think of the whorled branches as vertebrae in the spine which protect the spinal cord, a delicate system of nerves that are a conduit between the brain and the rest of the body.

Pine brings peace to frazzled nerves and emotional and physical pain. Applied externally and taken internally Pine needles, bark, and twigs relieve pain in the muscles, joints, and back.



Pines often drop their branches after windy days, making it easy to gather bundles of medicine, leaves, twigs, and inner bark.

If you don't find fallen branches, prune young stems, about 3/4-inch wide or smaller.



wildcraft

# elixir

While Pine resins extract best in high proof alcohol (like pure ethanol or 95% alcohol by volume), a very delicious way to enjoy Pine is as an elixir. Elixirs are a combination of spirits (alcohol) and honey. They can be 1) taken like tinctures – a few droppersful in water; 2) added to sparkling water or tea; or 3) taken straight up.



In the following video I show you how I made the Peace of Pine Elixir with the following ingredients:

Pine needles and twigs

Honey

Brandy



Another way to make this would be to extract some of the Pine directly in high proof spirits and separately in a flavorful spirit (brandy, mezcal, rum) and honey, then blend the finished products together.

Pre-colonization, Eastern White Pine thrived across vast expanses of north-central and northeastern Turtle Island. Only 1% of these old-growth forests remain, in protected areas such as the Great Smoky Mountains National Park, several parks in Ontario and Quebec, Canada, as well as Michigan, Wisconsin, Minnesota, Illinois, Pennsylvania, and North Carolina.

Small groves or individual old-growth trees can be found in Maine, Massachusetts, and in the Adirondack Park in New York.

Younger Eastern White Pine is still plentiful throughout parts of the continent. (See map, bottom right)



image: [Chris M](#)



image: [BONAP](#)

old growth



So, what happened to the old Eastern White Pines?  
A heartbreaking occurrence in polar opposition to peace...

Throughout the 17th and 18th centuries, the tallest White Pines in the colonies were referred to as "mast pines." White Pines were the giants of the eastern forests, with tall straight trunks reaching 150 to 210 feet and taller, perfect for making masts for ships. Agents of the Crown marked these trees with the broad arrow symbol, claiming them for the British Royal Navy.

This practice of tree marking was controversial among the colonists who likely wanted these trees to build houses and businesses. On more than one occasion, there were riots or uprisings against the King's men – the Mast Tree Riot In 1734 and the Pine Tree Riot in 1772. The latter riot may have served as inspiration for the Boston Tea Party.

In the 19th century, White Pine forests of the Midwest were harvested to fuel the westward expansion of settler-colonialism through the Great Plains. According to one statistic 250,000 White Pines were cut and sent to lumber yards in Chicago in one year.

These are just a a few expressions of the violence and damage of colonization.

*In deep soils of fertile river valleys, the Eastern White Pine rose tall and straight out of the ancient forest. It towered above all others.*

*Watch [The Lost Forests of New England - Eastern Old Growth](#) to learn about the pre-colonial forests.*



old growth

Pine-Trees And The Sky: Evening  
by Rupert Brooke (1887-1915)

I'd watched the sorrow of the evening sky,  
And smelt the sea, and earth, and the warm clover,  
And heard the waves, and the seagull's mocking cry.

And in them all was only the old cry,  
That song they always sing — "The best is over!  
You may remember now, and think, and sigh,

O silly lover!"

And I was tired and sick that all was over,

And because I,

For all my thinking, never could recover  
One moment of the good hours that were over.  
And I was sorry and sick, and wished to die.

Then from the sad west turning wearily,  
I saw the pines against the white north sky,  
Very beautiful, and still, and bending over  
Their sharp black heads against a quiet sky.

And there was peace in them; and I  
Was happy, and forgot to play the lover,  
And laughed, and did no longer wish to die;  
Being glad of you, O pine-trees and the sky!

Breath of Peace Meditation



meditate

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# INFUSE

Week 3 - Spring Clean

Pine (*Pinus* species)

Gathering  
GROUND

# INFUSE

Pine Week 3 is here!

And spring is coming!

Do you have a spring cleaning ritual?

Perhaps you'll consider incorporating Pine into one!

Pine offers cleansing and purification physically and energetically and there are several different ways to utilize Pine for this purpose.

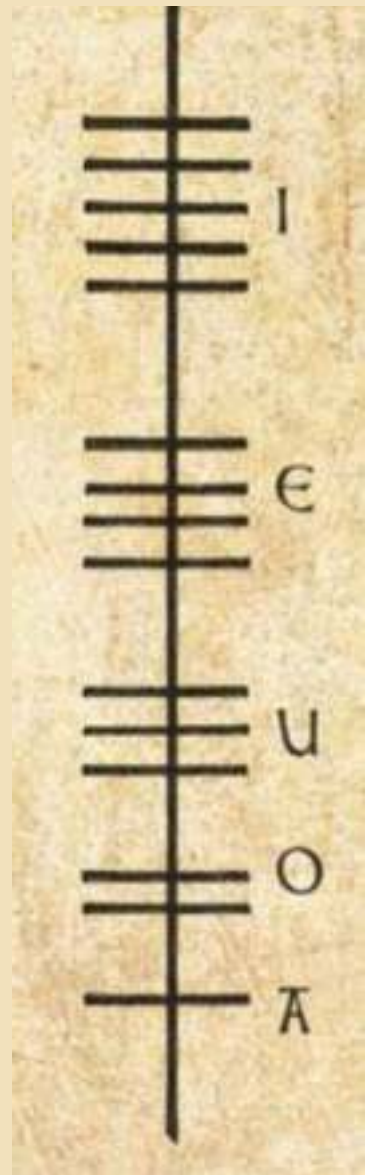
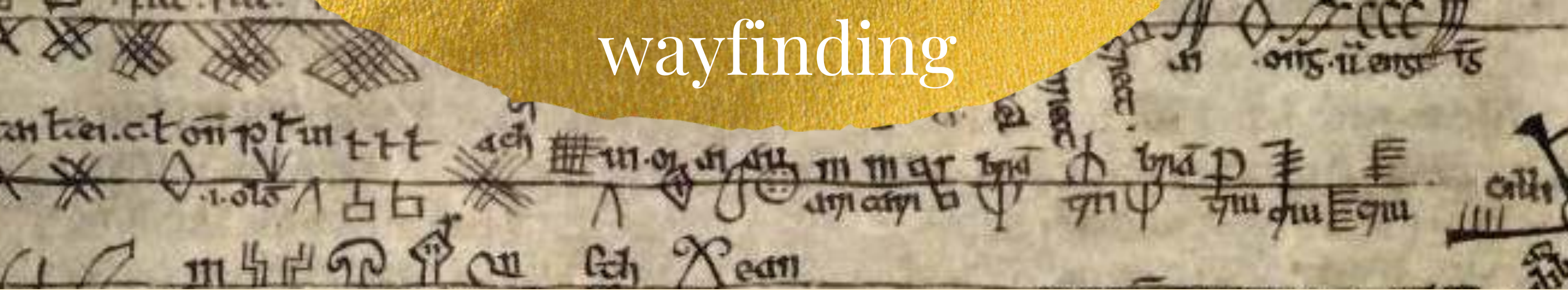
Shine on,

A handwritten signature in black ink, appearing to read "Liz". The signature is written in a cursive, flowing style with a large initial "L" and a long, sweeping tail.



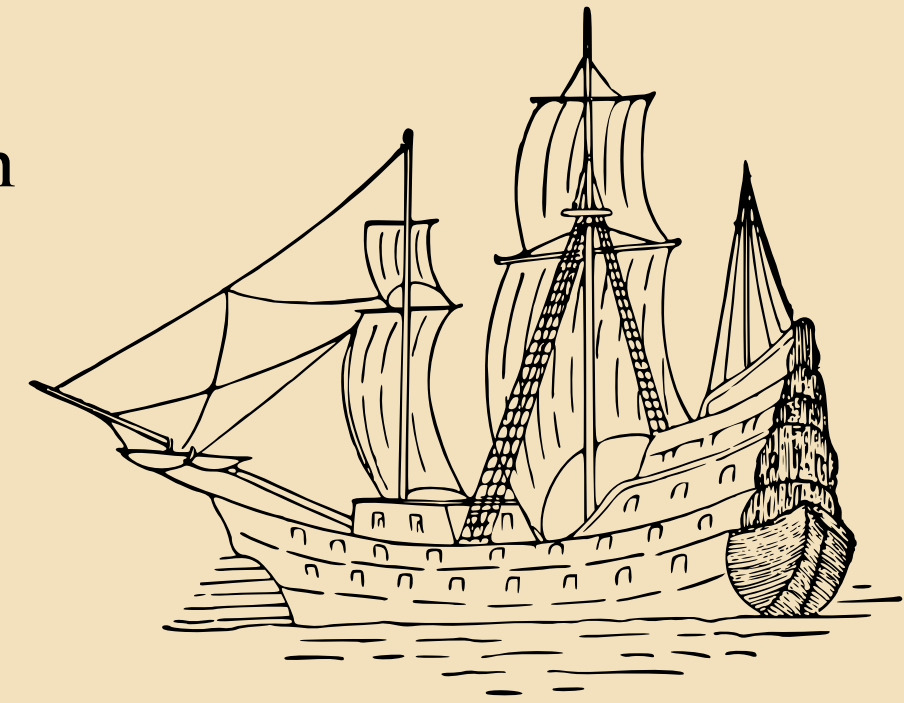


# wayfinding



In the Celtic Ogham, Pine (specifically Scots Pine and also potentially Silver Fir) is represented by Ailim, which is the ogham of healing, wayfinding, beginning on a path to finding one's purpose, and purification.

As I shared in the last lesson, Pine trees are known as "mast trees" because they make straight masts for ships. They were also traditionally used as way markers in Ireland, Scotland, and elsewhere. This is aligned with the notion of wayfinding.





The shining needles of Pine are like a beacon to help guide us home to our hearts.

According to Woodland Essence, Scots Pine flower essence offers  
*guidance in searching for the right path or direction in one's life.*

*Helps one find the strength to continue.*

*And is a supportive guide in seeking the inner mysteries of life.*

Pine brings purification to the body, mind, and spirit.

And in doing so stimulates clarity.

Simply spending time with Pine can lift mental fog,  
restore vitality, and help release heavy energy.

purify

# fire

Longleaf Pine (*P. palustris*) forests are dependent on fire for healthy succession. Lodgepole Pines (*P. contorta*) are especially adapted to fire. Their cones need fire to coax them open to release their seeds.

# fire

Good Fire is an indigenous practice of controlled burns to clear forest floors. Small, controlled fires reduce the risk of out-of-control forest fires by reducing the amount of dead debris that would act as fuel for bigger fires.

Good Fire is essential for preventing wildfires, which is especially important during these times of climate change. It also renews the land, encouraging new life to thrive in a mindfully cleared landscape.

Watch the following short video to [learn more about Good Fire](#)



The Ancient Mayans burned Pine for Ritual use.  
Pine charcoal was used as torches in ceremonies  
and as an offering to deities.



Modern Mayans use Pine  
needles to make baskets.



image: [Mayan Hands](#)

Maya

# saining

Saining is the ancient Scottish practice of ritual cleansing with smoke.

In Scottish Folk Magic, midwives use a Pine candle (resin-coated Pinewood) called a *puir man* or *peerman* to bless babies and new mothers. The candle is twirled around the bed three times clockwise or sunwise by the midwife while she speaks a charm.

[Learn more about this and related practices.](#)



Copal is tree resin that is burned for purification, originally hailing from the Aztec tradition. Copal comes from Nahuatl copalli meaning scented smoke.

Oxiti is resin specifically from Pine. Oxiti is said to have been brought to the people by the goddess of medicine, Tzapotlatena.



oxiti





# craft

Craft your own purification bundle with Pine.

The needles and bark can be made into an incense or the the needles can be bundled and burned. I'll show you how easy it is to make a Pine needle bundle in the following video.



# pine fresh

Pine needles and resin contain antimicrobial compounds. This is part of what makes Pine a great ally for help in healing respiratory infections.

Pine can also be used to clean surfaces – think Pine Sol<sup>®</sup>, which actually contains Longleaf Pine (*Pinus palustris*) oil. To avoid the harsh chemical components of that product, you can make your own Pine-infused vinegar.

Pine-infused vinegar is very versatile.

It can be used:

to clean surfaces in the home;

to cleanse an altar or sacred space;

as a skin toner;

as a wash for wounds and burns;

as a vitamin C rich ingredient in salad dressing,

soup, or cocktails

So many possibilities, and it's so easy to make.

Watch this video to see how.

vinegar

# pitch perfect

The sticky pitch or sap of Pine trees is a very versatile substance!

Here are just a few ways that it is or has been  
used by humans around the world:

As a glue for many purposes (to secure arrowheads, for one)

A sealant for boats

Waterproofing agent (for clothing, bark baskets, etc.)

Firestarter, lamp fuel, or torch

# pitch perfect

You won't always find it, but if you do, the pitch alone is valuable medicine. Collect it by gently scraping it from the bark with a knife without damaging the outer bark of the tree. Scrape the pitch into a jar to tincture right away or save for use in salve or honey.


# pitch perfect

Just as the Pine tree seals their wounds with pitch to protect and heal them, so can we!

Pine pitch is an excellent wound healing material. It can be placed directly on a wound to clean it and can help draw out debris.

You can also chew on a bit of the pitch to relieve cough or sore throat.





You can use the pitch directly or you can make it into a salve. I collected pitch from a branch that was recently pruned and saved the pitch for a later time to make into salve.

Watch the following video to see how I did it.



salve

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# INFUSE

Week 4 - Longevity

Pine (*Pinus* species)

Gathering  
GROUND

# INFUSE

It's Pine Week 4

We'll explore the connection between Pine and longevity.

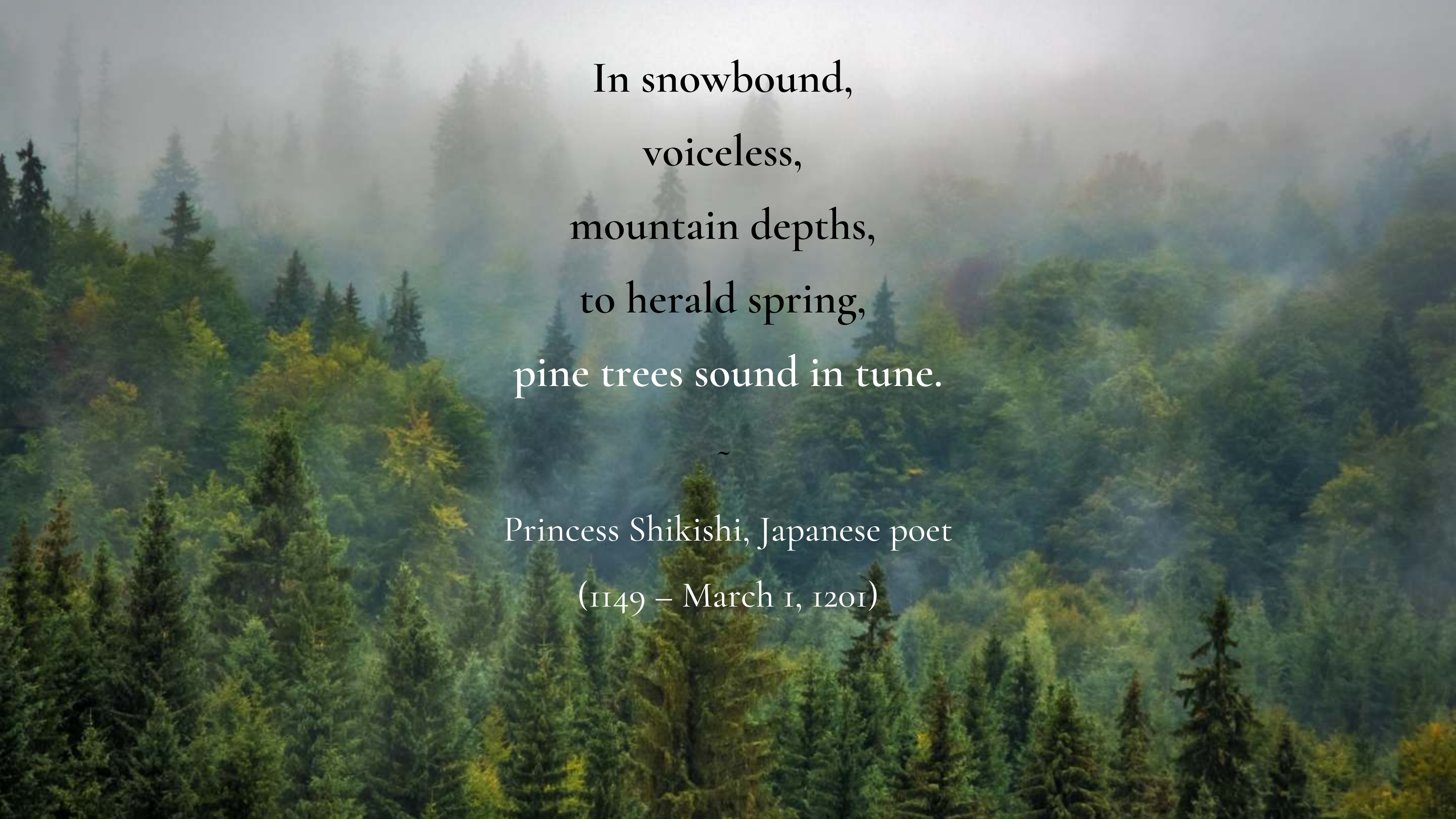
And we'll take a closer look at the cones, their symbolism, and all the  
nourishment they provide.

We'll also process branches for bark and make a tincture with it.

Ever yours,

A handwritten signature in black ink, appearing to read 'Liz', written in a cursive style.

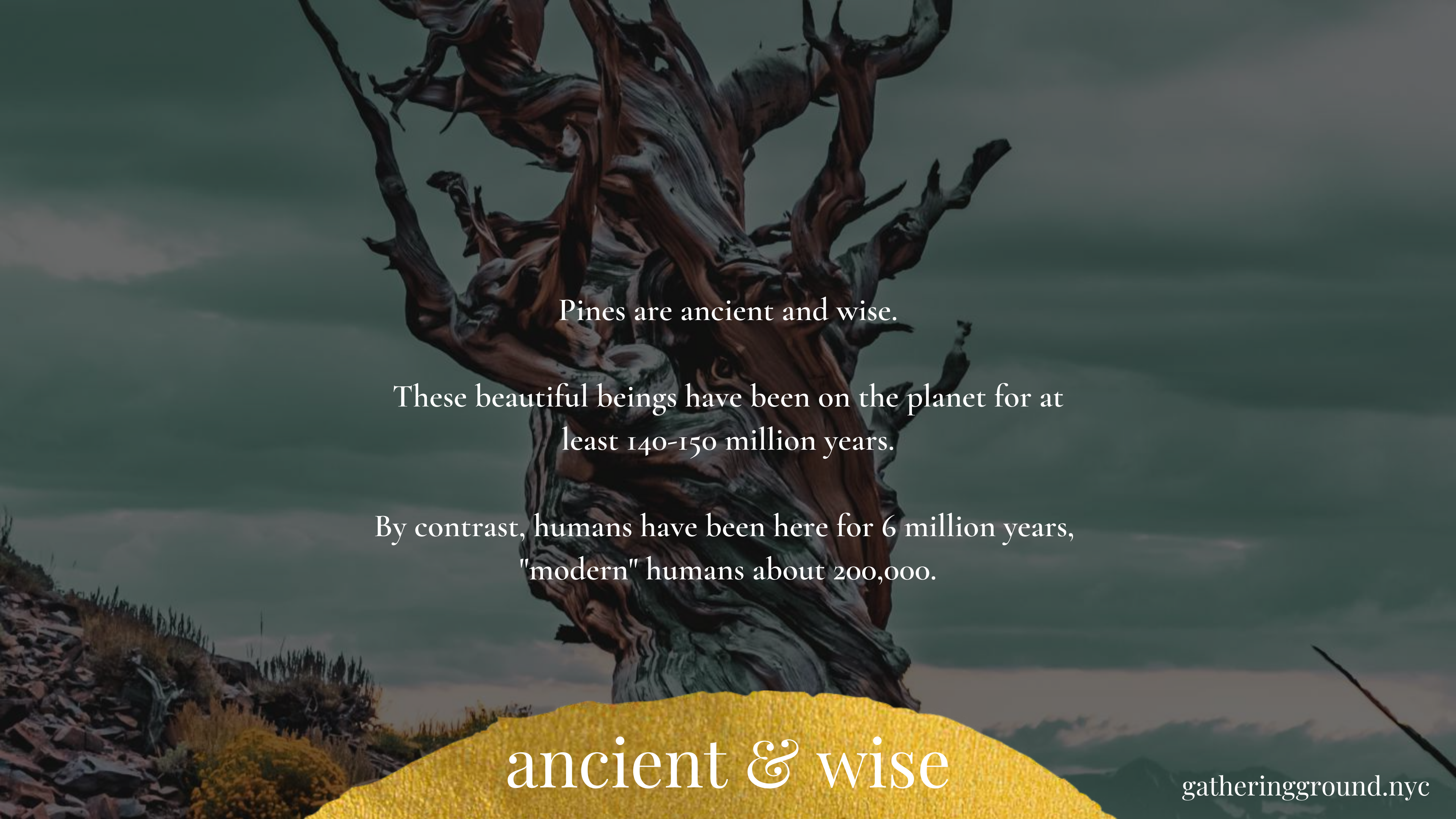




In snowbound,  
voiceless,  
mountain depths,  
to herald spring,  
pine trees sound in tune.

~  
Princess Shikishi, Japanese poet

(1149 – March 1, 1201)

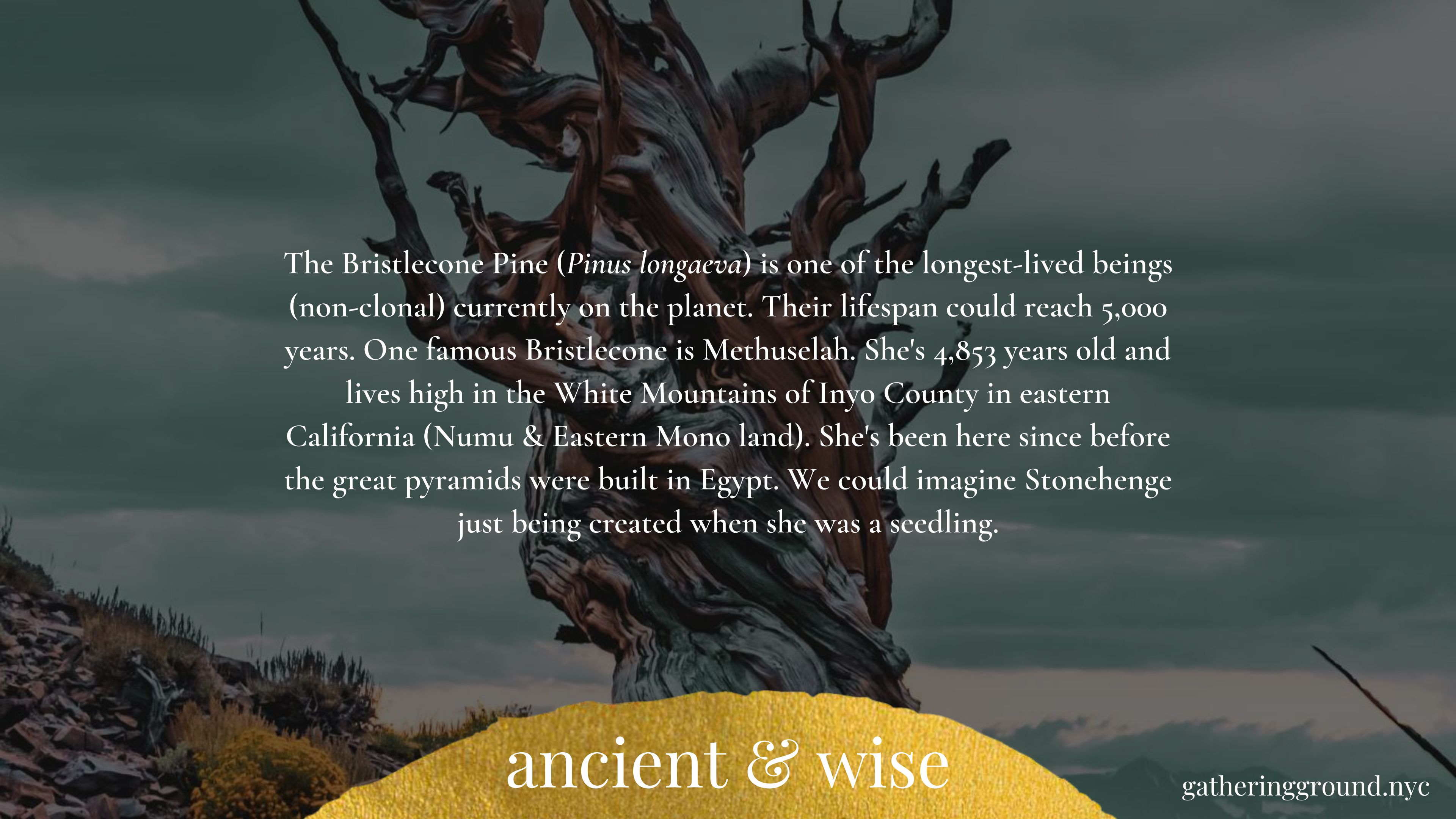
A gnarled, ancient tree trunk, likely a bristlecone pine, stands prominently in the foreground. The wood is dark, weathered, and deeply textured, showing signs of great age. The background features a vast, hazy mountain range under a soft, overcast sky. The overall mood is serene and majestic.

Pines are ancient and wise.

These beautiful beings have been on the planet for at least 140-150 million years.

By contrast, humans have been here for 6 million years, "modern" humans about 200,000.

ancient & wise



The Bristlecone Pine (*Pinus longaeva*) is one of the longest-lived beings (non-clonal) currently on the planet. Their lifespan could reach 5,000 years. One famous Bristlecone is Methuselah. She's 4,853 years old and lives high in the White Mountains of Inyo County in eastern California (Numu & Eastern Mono land). She's been here since before the great pyramids were built in Egypt. We could imagine Stonehenge just being created when she was a seedling.

ancient & wise

[gatheringground.nyc](http://gatheringground.nyc)





# cones

Pine cones are a perfect example of the Fibonacci sequence spiral. In the sequence, consecutive numbers add up to the following number, infinitely.

0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144...

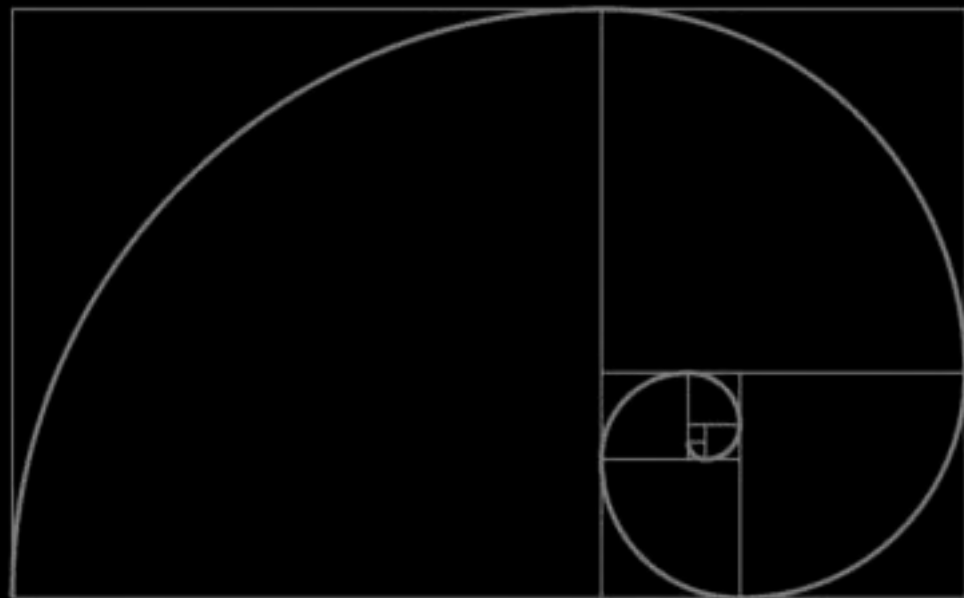




image: [Andrew West](#)



image: [akhenatenator](#)

Pine cones have been a sacred symbol of fertility and longevity for thousands of years.

Ancient Assyrian reliefs depict "genies" and Eagle-headed beings who seem to be pollinating plants with Pine cones. It could also refer to a purification ritual where the cones may have been dipped in water (see the bucket) and shaken onto a person to cleanse them.

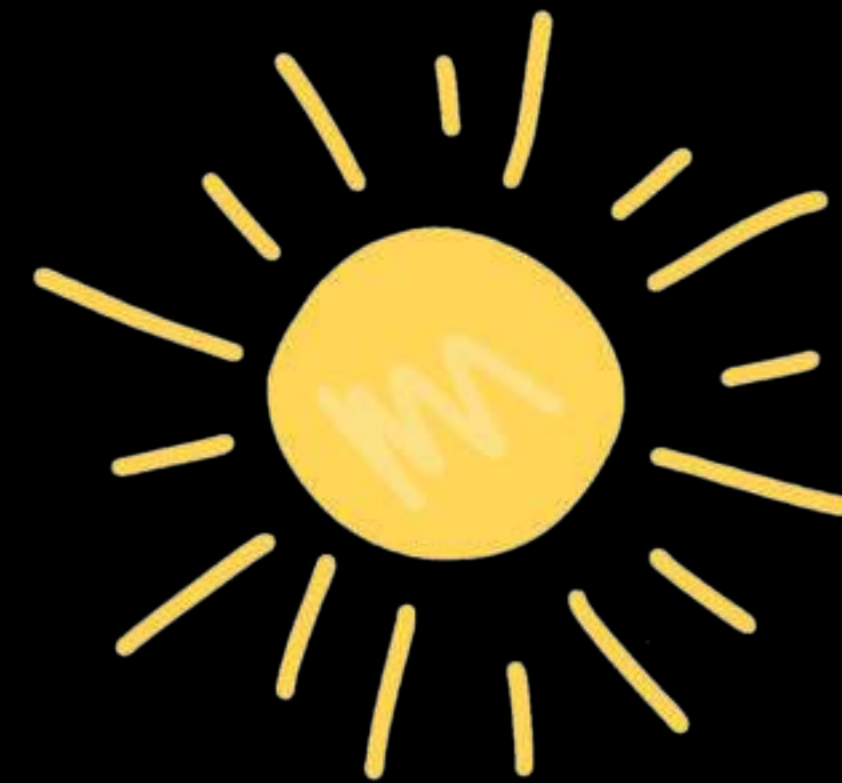


sacred pine

# pineal

The main function of the pineal gland known to modern science is to interpret the light-dark cycle and produce and secrete melatonin in response. This affects the sleep-wake cycle. The pineal gland is also said to affect decision making and perception of reality.

But there's another function that has been understood for a long time...

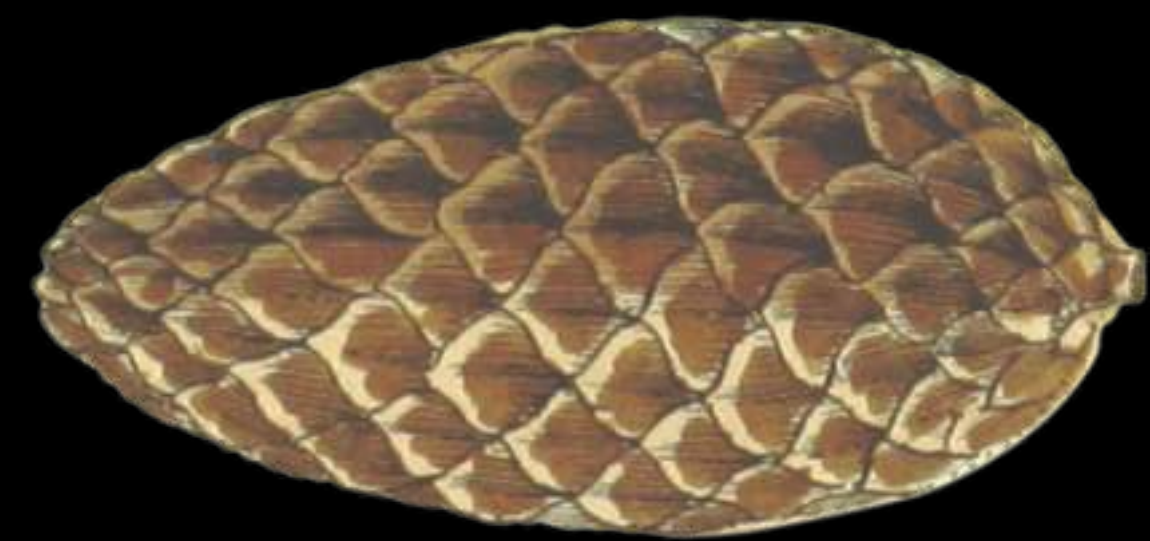
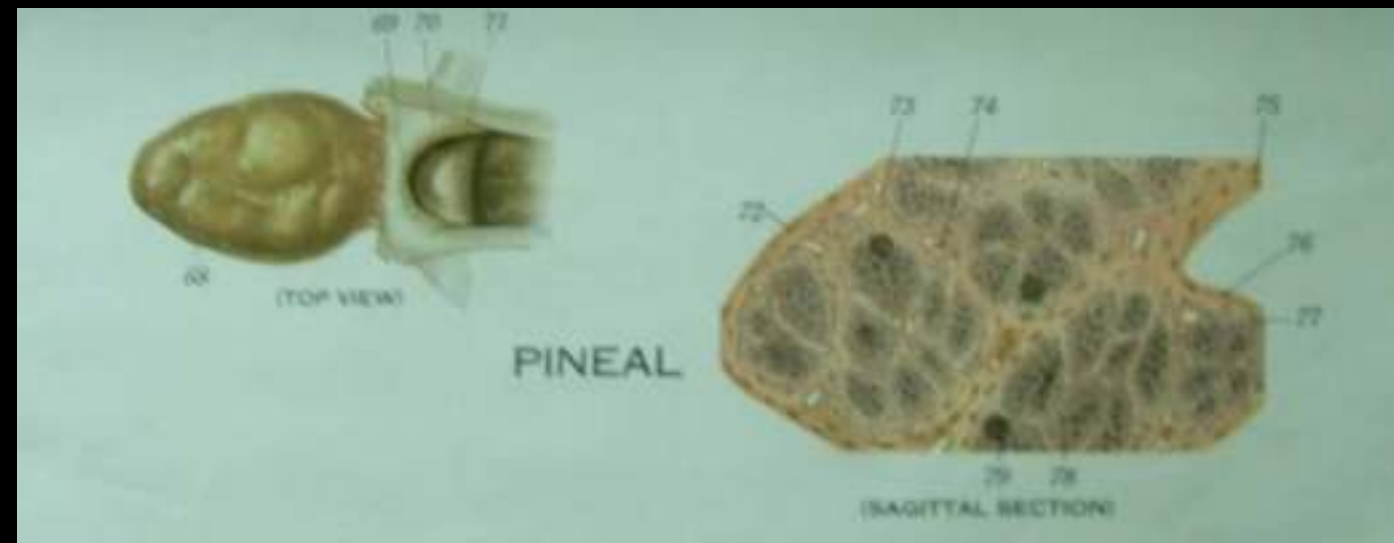


# pineal

Pine cones, both the pollen-producing (male) and receptive one (female) resemble the pineal gland – hence the name "pine"-al.

*pineal (adj.)*

*1680s, in reference to the gland in the brain, from French pinéal, literally "like a pine cone," from Latin pinea "pine cone," from pinus "pine tree."*



# pineal

The pineal gland is analogous with the third eye  
(or first eye), our intuitive inner eye.

In Ayurveda, this is the Ajna chakra, the seat of  
intuition and perception.



# pineal

The Staff of Osiris from Ancient Egypt resembles the Ida and Pingala nadis (channels) of Ayurvedic science. These "snake" upward, intersecting, and meeting at the Sushumna nadi and pineal gland in the center.



pineal



If ya wanna geek out a bit more  
on the third eye connection



Craft an anointing oil or balm with Pine needles and twigs.

This can be used for many purposes:

- as a chest rub for coughs
- to massage into sore muscles and stiff joints
- as a salve for wounds, rashes, and other skin conditions
- to anoint the third eye before meditation or sleep

Watch the following video and craft your own Pine-infused oil.



craft

# pollen

The pollen produced by Pine trees is considered  
a longevity tonic in Chinese Medicine.



# pollen

Here are some of the actions  
of Pine pollen:  
adaptogen  
androgen  
antioxidant  
anti-inflammatory  
anti-nociceptive

nutritive  
tonic  
immune function enhancing  
endocrine function enhancing  
anti-tumor  
liver supportive  
cholesterol lowering



# pollen

Pine pollen is a valuable source of amino acids, vitamins, and minerals. The pollen in tincture form boosts testosterone and increases vitality and stamina, which in turn remedies depletion-related conditions such as erectile dysfunction.



# pollen

In early spring, collect the male catkins for their pollen. There's no need to remove the pollen from the catkins, just process them right away in tincture, using 70% alcohol by volume spirits.

Pine nuts are highly nutritious seeds providing substantial amounts of magnesium, iron, antioxidants, zinc, and protein.

Pine nuts are traditionally harvested and eaten in several cultures around the world.

There are at least 20 species of Pine with seeds that are large enough to make it worth the harvest. Here are the 4 most common:

Mexican pinyon/piñón (*Pinus cembroides*)

Colorado pinyon/piñón (*Pinus edulis*)

Italian or Mediterranean stone pine (*Pinus pinea*)

Chinese nut pine (*Pinus armandii*)

nuts

In Nevada, the Paiute, Shoshone, and Washoe people have exclusive rights to harvest nuts from Pine or pinyon trees.

Here are a couple short films showing the harvest:

[Pine Nuts the Movie](#) (Paiute, Shoshone & Washo pine nut harvesting and preparation)

[The Traditional Pinyon Pine Nut Picking of the Navajo](#)

[Read about the sustainability of Pine nut harvesting](#)

nuts



At family gatherings, I recall as a child, we ate pignoli cookies procured by my Italian-American aunties.

Here's a recipe for them using only 4 ingredients – they're naturally gluten free.

nuts



# inner bark

The inner bark of Pine is medicinal as well as edible.

Collect from fallen branches or trim small low branches,  
around 1/2 to 1 inch in diameter.

Do not harvest directly from the trunk or strip the bark all the  
way around a living branch connected to the tree.

With a sharp knife, cut a line lengthwise down  
the brown outer bark to reveal the white to green inner bark.  
Peel off the outer bark and scrape the knife downward along  
the stem to separate the inner bark. It'll come off in shreds.

# inner bark

Harvesting and processing bark is messy work,  
but it's worth it.

Rinse your hands with alcohol or simply exercise patience—  
the pitch will eventually wear away.

I kind of like the stickiness of the pitch on my fingers, and  
once it wears off I find my fingers feel softer and smoother.

Be sure to know the poisonous look-alikes or plants called Pine that aren't so you don't poison yourself!

Yew (*Taxus* species)



image: [Didier Descouens](#)

Ponderosa (*P. ponderosa*)



image: [Walter Siegmund](#)

Norfolk Island  
(*Araucaria heterophylla*)



image: [bertknot](#)

Watch how I process the inner bark and make a  
tincture with it in the following video.



process

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# INFUSE

Pine Review

Pine (*Pinus* species)

Gathering  
GROUND



*The wound is the place  
where the Light enters you.*  
~ Jalāl al-Dīn Muḥammad Rūmī

# versatility

Pine is a generous tree – there are many ways to collaborate with these majestic beings. Here are some of the ways...

## Medicinal preparations

Infusion/decoction

Poultice

Tincture

Honey

Oxymel

Elixir

Syrup

Lozenges

Straight up (eating needles or pitch)

Oil

## Practical applications

Food

Timber

Turpentine

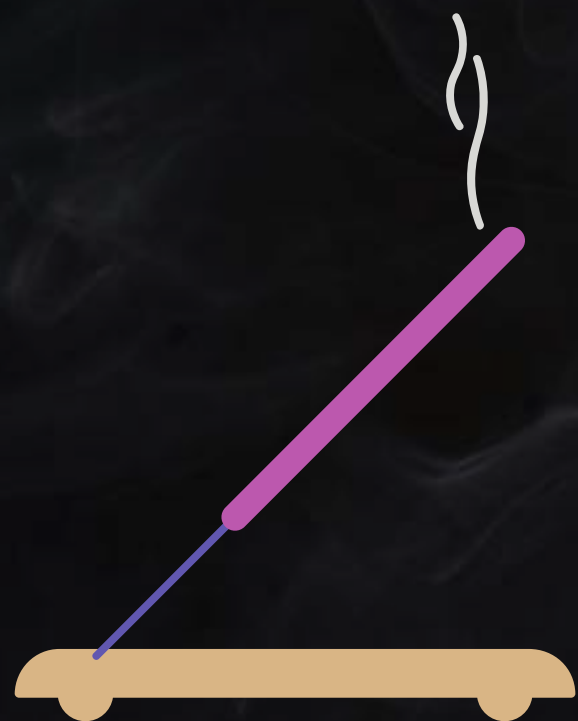
Baskets

Incense



The use of incense has been in practice around the world for thousands of years. People in the places we currently call China, India, Egypt, Babylonia, and the Americas have burned and continue to burn incense for ritual and ceremony in a variety of forms, derived from a variety of plants.

In the following video I'll show you one simple and easily accessible method for crafting your own incense with Pine.



incense

# INFUSE

## Pine Needle & Twig Incense

- 3 Tbsp powdered Pine needles & twigs
- 1 tsp Marshmallow root powder
- 1 tsp Honey
- 1 Tbsp water, divided

*Gathering*  
GROUND

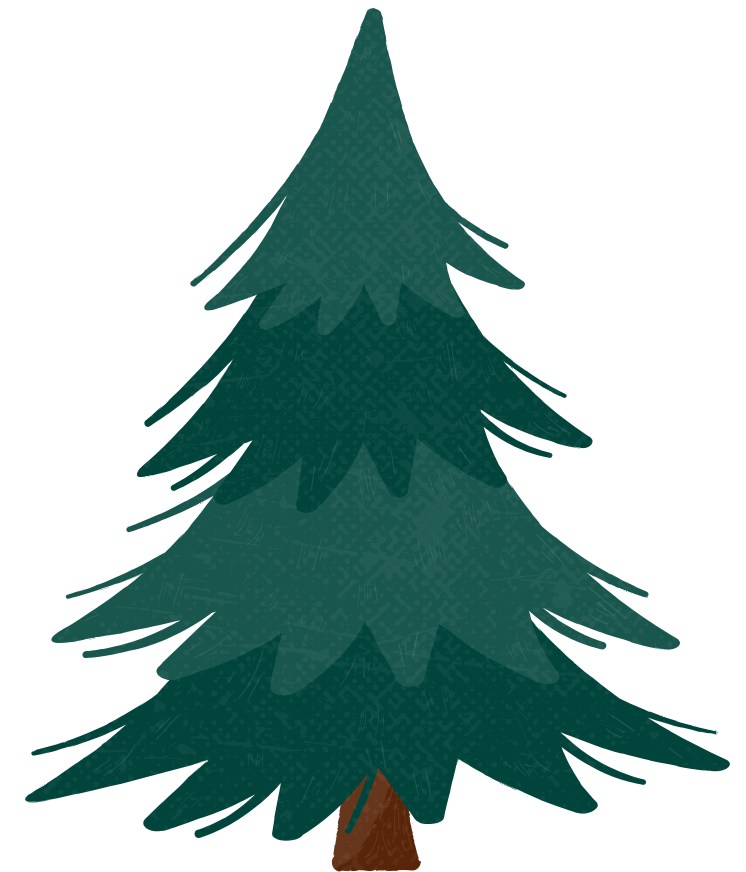
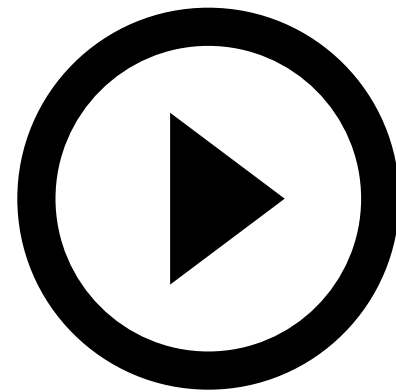
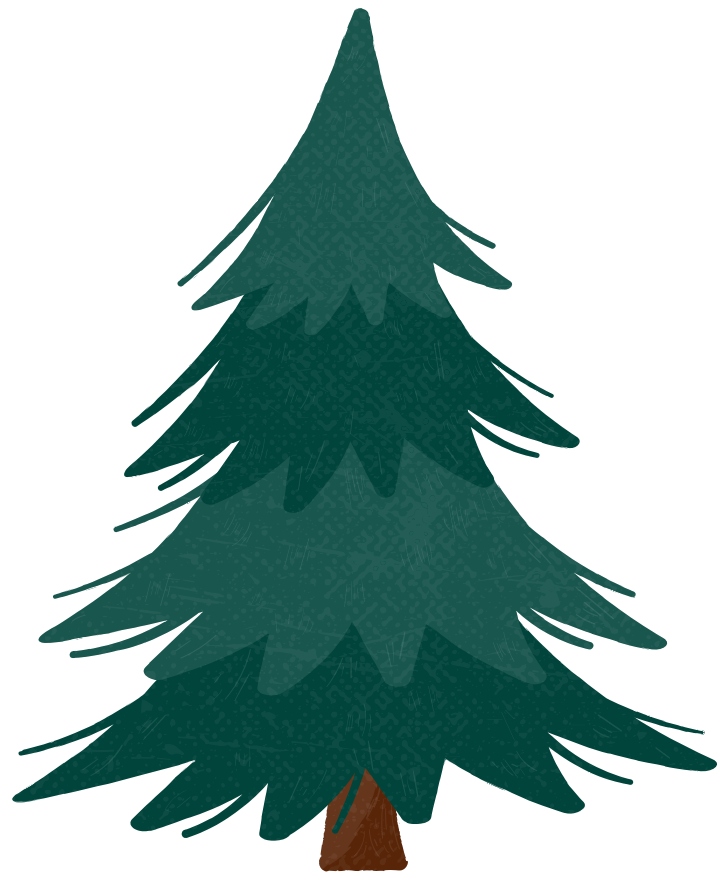
# versatility

Here are two simple preparations of Pine medicine that can be used in a variety of ways.

## Infusion and Oxymel

Infusions can be taken as a tea, used in a bath, or used as a wash. They can also be the base for a syrup or lotion.

Oxymels can be taken straight up, added to sparkling water or tea, used in salad dressings or soups, added to cocktails, or used topically to heal wounds or burns.



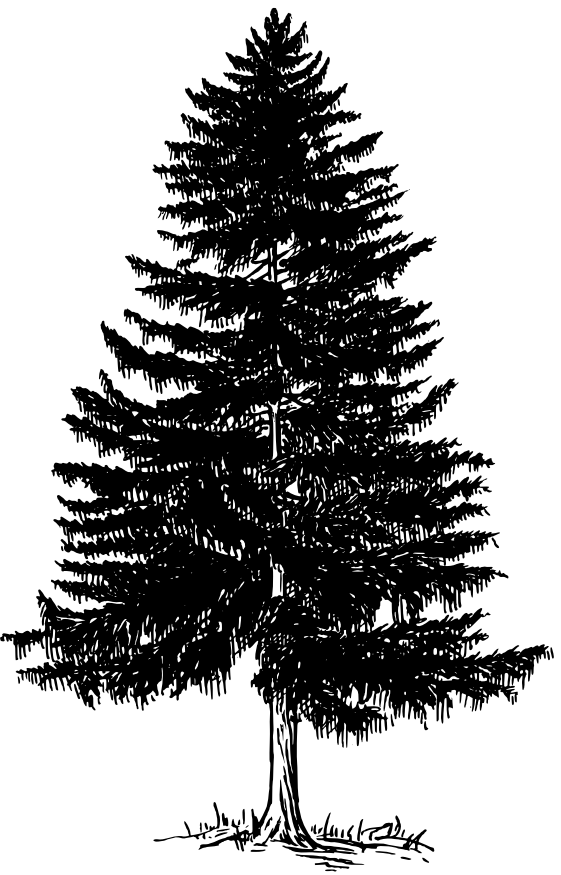
Pine is full of vitamin C and has been used to prevent scurvy in times where people did not always have year-round access to fresh fruits and vegetables.

Pine is also antimicrobial, broncholytic, and expectorating features which make preparations useful for treating cold, flu, and other respiratory ailments.

vitamin C

# Eastern White Pine

Most true Pines have shared medicinal traits and traditional uses that overlap, between species and between cultures. Following are some of the known uses of Eastern White Pine (*Pinus strobus*), which can often translate to other species of Pine.



Pine

# Eastern White Pine

## Vulnerary & Anti-inflammatory

- Bark decoction for rheumatism and as a wash for skin conditions (Haudenosaunee), boiled inner bark for sores and swellings (Mi'kmaq), bark poultice for sores, wounds, ulcers (Menominee), bark (unspecified) for wounds (Mi'kmaq), infusion of bark taken for chest pain (Menominee)
- Poultice used with other herbs to treat broken bones, alone to treat splinters (Haudenosaunee)
- Needles, bark, pitch used in salve to treat wounds (Haudenosaunee)
- Pitch used to draw out poison and pain from boils (Lenape), applied to inflammation (Anishinaabe), for hemorrhaging (Mi'kmaq), applied to boils and abscess pain (Mohegan)
- Boiled, crushed leaves used as herbal steam for headache and backache (Anishinaabe)
- Poultice of crushed leaves for headache (Anishinaabe)



Pine

# Eastern White Pine

## Respiratory & Immune

- Used for various lung conditions - tuberculosis, shortness of breath, difficulty breathing (Haudenosaunee)
- Infusion of twigs used in lung conditions (Lenape)
- Steam from decoction used to relieve head cold (Haudenosaunee)
- Taken with other plants for colds, coughs, pain (Haudenosaunee)
- Decoction of bark for coughs (Abnaki); bark, leaves, stems for colds, flu, coughs (Mi'kmaq); cold infusion of bark for colds (Mohegan)
- Infusion of bark for stubborn coughs, pitch chewed for cough (Mohegan, Shinnecock)
- Inner bark poultice applied to chest for strong colds (Algonquin)
- Needles burned in spring and fall to prevent sickness (Haudenosaunee)
- Inner bark, bark, and leaves for scurvy (Mi'kmaq)



# Eastern White Pine

## Pediatric

- Powdered wood used for chafed babies, sores, belly button healing (Haudenosaunee)
- Needles used as a wash for toddlers who were not yet walking (2 to 3 years old) (Haudenosaunee)
- Decayed plant powdered and applied to babies for healing (Lenape)





# Eastern White Pine

## Additional uses

- Infusion of twigs used in kidney conditions (Lenape)
- Young tree infusion taken as blood tonic (Haudenosaunee)
- Tree knots used as medicine – to treat poison ivy, as an emetic (vomit) (Haudenosaunee)
- Decoction used to purge when grieving (Haudenosaunee)
- Dried leaves used as an inhalant and reviver (Anishinaabe)



Onondaga

*o-neh'tah* - "like porcupines holding to a stick"

Schenectady

*Skahnéhtati* is Mohawk (Kanien'kéha)

"Beyond the pines"

Tuscarora

*hoh teh*

Lenape

*kuweakw*

Seneca

*o'sóä'* (Eastern White Pine)



White Pine

# lotion

Did you know?

There are more species of Pine (*Pinus*) than any other conifer.

And even though Fir (*Abies*) are not in the *Pinus* genus they are Pinaceae.

Every year I make a big batch of Fir–needle-infused oil (the batch seems to be getting bigger each time!)

Watch how I turn it into lotion in this video.



Learn how to craft a pine basket from Wild She Goes



craft

# disclaimer

The statements herein have not been evaluated by the Food and Drug Administration. The recipes and information in this course are not intended to diagnose, treat, cure or prevent any disease.

This course is also not meant to replace medical care. If you are in need of medical assistance, please reach out to a qualified healthcare practitioner.

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