Spruce Tip Syrup

Developed by Gayla Pedersen

MATERIALS:

Glass jar
Cheese Cloth
Sugar
Spruce Tips

Step One: Collecting Spruce Tips

1) Find a spruce tree with young tips that are just starting to break out of their brown paper covering. Slightly larger tips can still be used if the needles are soft.

2) If you suffer from pollen allergies look for trees that do not have red pollen cones

3) Collect as many tips as you like. Make sure you don’t take too many from one tree, roughly 10%.

4) If you cannot find young spruce tips in your area check trees at higher elevations. They can be a couple weeks behind trees at sea level.
Step Two: Prepare Tips

1) Go through the tips you have collected and de-paper, remove all the brown bits on the ends.

2) Fill a clean dry jar just over halfway with the cleaned tips and fill remainder of the jar with sugar. Put a lid on the jar. Label it with contents and date.

Step Three: Infuse the syrup

1) Flip or shake the jar daily. In a day or so you should see your sugar starting to absorb the liquid released by the tips.

2) After about two weeks the sugar should be completely liquid. At this point strain your syrup through several layers of cheesecloth.

3) Bottle in a clean dry container with an airtight lid.

4) Store in the fridge. Discard if color changes or if the syrup smells bad.

**Any extra tips you picked that weren’t used for the syrup can be dried on a window screen in a well-ventilated room or outside on a dry day and used for tea. Steep the dried tips in hot water and enjoy!**

A Note of Caution: All use of wild plants is done at the user’s own risk. The Alutiiq Museum and it’s partners accept no responsibility for experimentation.