

A WINTER GIFT FROM THE WOODS



GO FOR A WALK in the wintery woods with a knife or sturdy pair of scissors and gather a small armful of pine branches. (Please don't pick poisonous stuff! Look it up if you are confused. I used Blue Spruce.)

LET YOUR PINE BRANCHES REST inside for a day so that any extra moisture evaporates away.

ON YOUR STOVE, prepare a double boiler (or use your woodstove if you are lucky enough to have one!).

CUT YOUR PINE NEEDLES off and use something to bruise them, a mortar and pestle would be perfect, and place them in your pan.

POUR THE OIL of your choice (like olive oil) over the pine needles, covering them.

HEAT SLOWLY for 3 - 5 hours on low setting. You may add other fragrance filled bits like clove, cinnamon, or ginger.

USE CHEESECLOTH to strain your oil into jars and screw on your lids with a piece of wax paper between the glass and lid. Store in a cool dark place.

Use in your bath, as massage oil, or as a moisturizer for a gift to yourself all winter!

