



# Cedar Maple Tea

BY SEAN SHERMAN



WHEN FRENCH EXPLORER JACQUES CARTIER WAS TRAPPED BY ICE AND FORCED TO WINTER OUTSIDE OF PRESENT-DAY QUEBEC IN 1535, HIS CREW WAS STRUCK BY SCURVY. THE IROQUOIS SHARED THEIR SECRET MEDICINE WITH THE AILING EUROPEANS, A TEA MADE FROM THE LEAVES OF THE NORTHERN WHITE CEDAR TREE, WHICH CONTAIN VITAMIN C.

## Instructions

1. Place all ingredients in a pot and simmer for 30 minutes, then strain.
2. Serve hot, or cool the tea and serve over ice

## You will need:

- 4 cups of loosely packed fresh cedar boughs, rinsed.
- 1 gallon of water
- 1 cup of maple syrup

