

Labrador Tea

Rhododendron groenlandicum

Description

Labrador tea is a shrub with distinct thin leaves, a brownish underside, and flowers that are white or pink.

Habitat and Range

Labrador tea grows throughout Alaska, except on the Aleutian Islands. It is commonly found in the tundra, bog, and spruce forest environments.

Food Use:

Tundra tea is made by pouring boiling water over the leaves and steeping gently.

Labrador-Spruce tea:

- » 2 tablespoons labrador tea leaves,
- » 2 handfuls of spruce tips
- » 4 cups boiling water
- » 1 teaspoons honey

Place labrador tea leaves and spruce tips in teapot. Add boiling water and steep 5 to 10 minutes. Strain and serve. Add 1 teaspoon honey. Serves 4.

Caution:

Individuals with high blood pressure or heart palpitations should avoid internal usage of labrador tea. Pregnant women should not consume labrador tea.

Resources:

Discovering Wild Plants Copyright 1989 by
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