

How to Harvest and Use Edible Spruce Tips

Harvest Calendar:

Spring

Food Use:

The key to cooking with the tips of evergreen trees is to harvest them when they first begin to emerge from their brown papery casings. At this stage, spruce tips are tender and have a fresh flavor that lightly hints of citrus.

As spruce tips mature, the resinous aspect of their flavor intensifies. When the spruce tips begin to harden, form needles, and lose their bright spring green color, they are no longer used for cooking.

Sources:

laurieconstantino.com

SCF Health Education

Spruce Tip Salsa:

- 4 cans diced tomatoes
- 2 – 5 garlic cloves, minced
- 1/2 cup spruce tips, chopped
- 1/2 lemon, cut into wedges and squeezed
- 1/2 lime cut into wedges and squeezed
- 3 oz. tomato paste (1/2 small can)
- 1/4 cup cilantro (or lovage leaves), chopped
- 1 teaspoon sugar
- Dash of hot sauce
- Dash of salt

Combine all ingredients in a large bowl. Flavor improves sitting overnight in the refrigerator. Serve with whole-grain chips or tacos.



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