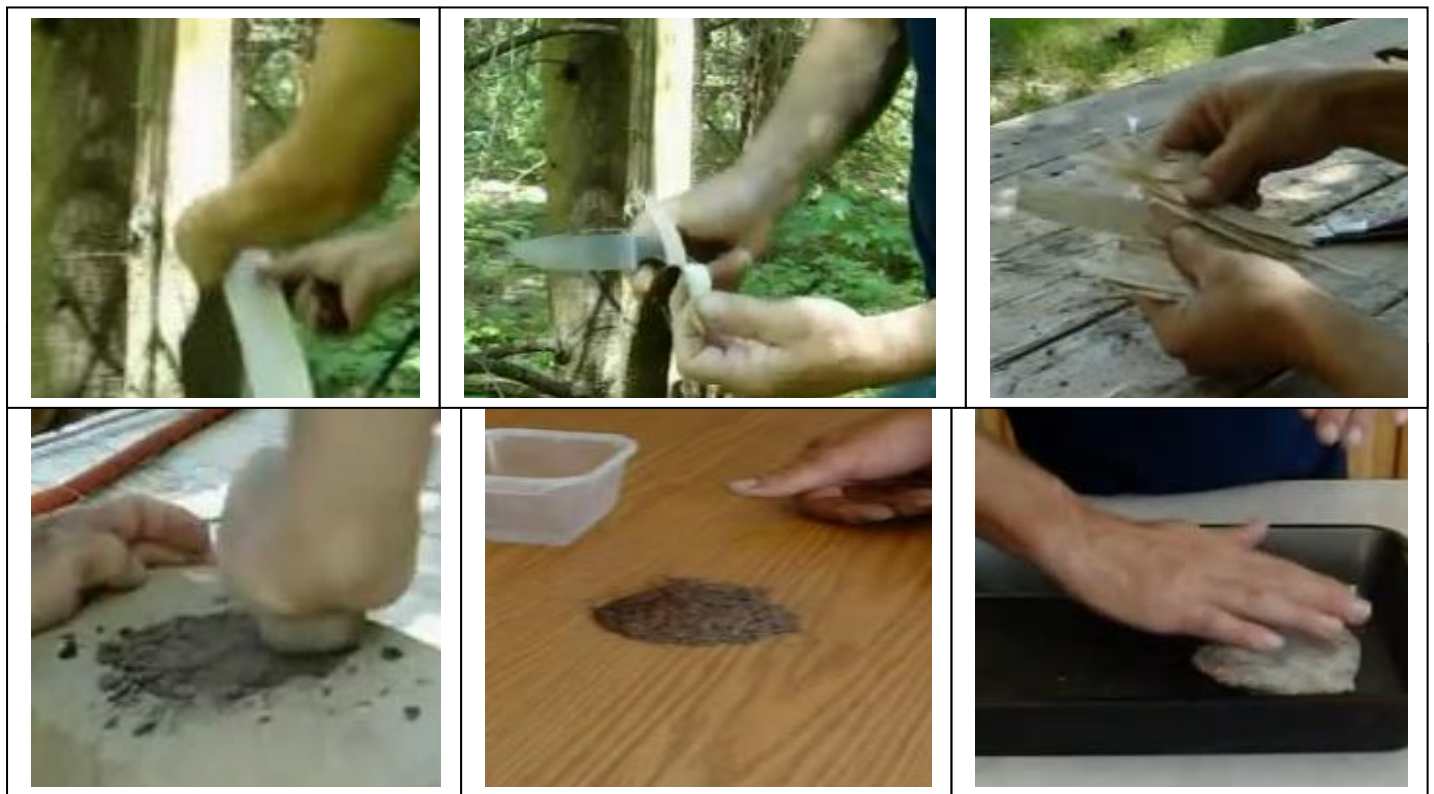


PINE TREE BARK USED AS FLOUR



IDENTIFICATION: The inner bark of slash pine is edible. The Adirondacks received their name (meant to be derogatory) for that reason: "they who eat bark". Turpentine (found in slash pine) is made from cooking wood chips. It is separated from a water mixture, and then further distilled to make a number of volatile compounds. When combined with phosphoric acid it makes a pine oil (used as a disinfectant, solvent, and deodorant). The beta-pinene is used as is (to make camphor and insecticides). These processes are not involved when you eat the inner bark of pine.

METHOD OF PREPARATION: When you strip the white part from the inner bark, strip it as thin as possible. This will help it dry faster. Dry it in the oven or in the sun. Then grind it in what every way works. You can use a pistol and mortar. Use it to stretch your flour (wheat, oat, rye, etc.). Use the flour from the inner bark of pine mixed with other flours at very low ratios (1 part pine to 5 parts other flour). In this way, you can make their flour reserves last without dealing with a potent pine flavor.

NUTRITIONAL VALUE: The inner bark has recently been shown to be very high in proanthocyanidin, a powerful antioxidant (similar to that in grape seeds) and a potentiator of vitamin C (a potentiator is a substance that causes another substance to perform as if there was much more of it present in the body).