

SPRUCE SPROUT (*Picea abies*)

The Arctic Spruce Sprout grows in the wild every year spring in our wild forests in Finland. They are first spring treats in the forest.

Every Spruce Sprout are handpicked – one by one. They are best when still light green. Picking of the spruce sprouts requires a permit from the land owners. Spruce sprout is a natural vitamin booster to keep the flu and tiredness away. Make sure to smell the jar first. The stunning aroma makes you feel like you were in our forest yourself.

In the old days, they have been used to cure many a disease. Even today, spruce sprout is a great help to boost the immunity.

In addition to vitamin C and antioxidants, spruce sprouts are very antibacterial. They reduce inflammation in the body and can also be used for dental hygiene. The pharmaceutical industry has been using spruce sprout for years in cough medicines.

It influences your respiratory and it helps your breathing when you have a flu. 1 teaspoon per day mixed with water, tea, smoothie or yogurt (add a little bit of honey if you wish) and it also tastes very good. Or add as such to your salads. Spruce sprout gives a nice touch – so called extra umami taste – soups, stews or even syrup.

Notice: Don't use spruce sprout or powder if you have asthma.

