

Drink Tundra Tea and Get Vitamin Cee

By AGNES KELLY

Feeling low on Vitamin C? Fresh fruits not available in local stores or outrageously marked up? Wake up Alaska, you can find an abundance of Vitamin C right from the tundra. *Ledum Decumbens*, better known as Narrow Leaf Labrador Tea, or "Tundra Tea", was analysed by the University of Alaska to have a high content of Vitamin C.

Many years ago, this was used as medicine for colds, common illnesses, and probably for undiagnosed diseases.

The best time of the year is to pick this evergreen plant that is about a foot tall, and 2-6 inches in diameter, is in the early spring or late fall when the plant is in an unripe condition. It is usually brown at this time.

For a delicious pot of tea, boil this plant for 3-5 minutes and add your favorite store-bought brand, such as Lipton's.