

EXCERPT FROM RECORDED INTERVIEW OF JACK REAKOFF TALKING ABOUT THE  
USE OF LABRADOR TEA  
CONDUCTED BY CAROL SCOTT  
IN WISEMAN, ALASKA  
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ORAL HISTORY 95-50-05\_PT.4, SIDE A

JACK REAKOFF: Then there's Hudson Bay Tea. That's not really medicinal, but it does have good Vitamin C. It's like a --

CAROL SCOTT: What's the other name?

JACK REAKOFF: I don't know. That's the only name I've known it called by.

CAROL SCOTT: Is that Labrador Tea?

JACK REAKOFF: Labrador Tea.

CAROL SCOTT: Okay.

JACK REAKOFF: Yeah, Labrador Tea. Yeah, that's the other one. It's real high in Vitamin C. So, you know, a lot of old timers that couldn't get vegetables and stuff, they would boil Hudson Bay and drink that. Or spruce needles. I knew -- We knew one old guy that, you know, he couldn't get any vegetables. He's eating a lot of caribou meat, so he said you'd just -- you'd just boil spruce needles to get Vitamin C out of it. That's pretty stout tea though. A lot of turpins in there. I don't think that's really good for you to drink that much turpins, you know.