

Sassafras Cafe



Welcome to the Sassafras Cafe!

This fairy house is dedicated to the sassafras tree. Almost every part of the sassafras tree has been used by humans (and fairies)—stems, leaves, bark, wood, roots, fruits, and flowers. In North America (or Turtle Island), sassafras has culinary significance.

Sassafras has been used to flavor root beer, bear fat, and to cure meats. Filé powder is a spicy seasoning used in Creole cuisine that is made from the dried leaves of the sassafras tree.

If you were to crush a sassafras leaf and smell it, you might think it smells like Fruit Loops!

A spoonful of Sassafras

Feeling under the weather? A little bit of sassafras might have you feeling better in no time.

Indigenous peoples have used sassafras as medicine for thousands of years. Sometimes, parts of the tree were made into a tea and treated ailments like nausea, fevers, fatigue, gas pains, and skin diseases.

Sassafras could also be used to treat wounds by rubbing the leaves directly into a wound.

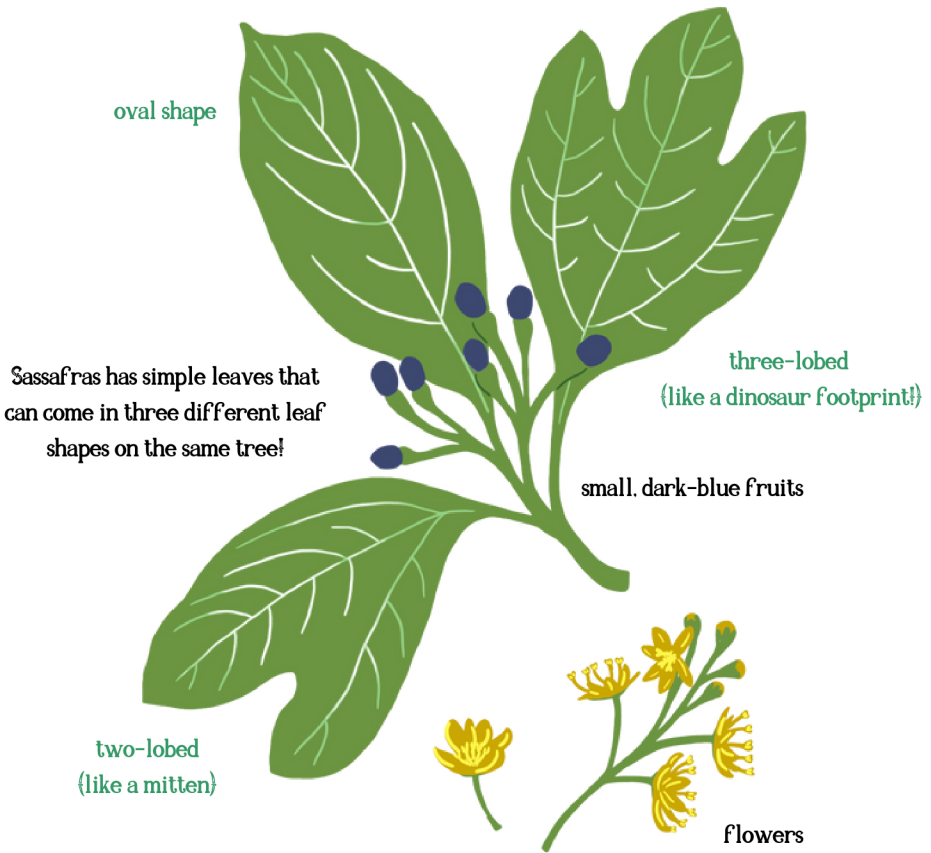
Filé powder

Filé powder was traditionally used by the Choctaw people in the Southeast, and was adopted into Creole cuisine in Louisiana.

Sassafras

Sassafras albidum

Sassafras is a medium-sized deciduous tree with thick, dark red-brown, deeply furrowed bark.



Can you find the fairies' favorite sassafras tree? Head to number 6 on the map and look for a tree with three different leaf shapes. The dinosaur footprint-shaped leaves are easy to spot!

