

# CHAMOMILE TEA WITH ROSES

## WHAT YOU'LL NEED...

- 1 tablespoon dried chamomile flowers
- 1 1/2 teaspoons dried oatstraw
- 1 1/2 teaspoons dried rose petals
- 1 inch of vanilla bean, minced (optional)
- honey to taste (optional)

## INSTRUCTIONS

1. Place the herbs in a large tea strainer inside a teacup.
2. Fill the cup with 1 1/2 cups of just-boiled water.
3. Cover and steep for 15 minutes. Strain. Tip: Use a spoon to squeeze out more liquid from the herbs.
4. Add honey if desired.

**Yield:** 1 1/2 cups



## WHAT YOU'LL NEED...

- 15 to 20 small astragalus root slices (30 grams)
- 1 tablespoon dried orange peel
- 2 teaspoons dried ginger root
- 1/2 tablespoon cinnamon chips
- 1/2 teaspoon whole peppercorns
- 1 or 2 cardamom pods
- 2 whole cloves
- milk to taste (optional)
- honey to taste (optional)



## STOVE METHOD

1. Optional step: Let the herbs sit in lukewarm water for 30 minutes to 2 hours prior to simmering. Use this same water when you simmer the herbs.
2. Place the herbs in a medium saucepan. Add 2 1/2 cups of water.
3. Bring to a boil. Reduce heat and simmer for 20 minutes, covered.
4. Strain. Add milk and honey as desired. Drink within 36 hours.

## SLOW COOKER METHOD

1. Place the herbs in a slow cooker with 2 1/2 cups of water.
2. Set it to low heat and let it cook overnight, covered. Inspect the amount; if it looks low, add more water.
3. Strain. Add milk and honey as desired. Drink within 36 hours.

**Yield:** 1 serving



## WHAT YOU'LL NEED...

- 1 cup dried elderberries
- 1 tablespoon dried orange peel
- 2 teaspoons dried ginger root
- 2 teaspoons cinnamon chips
- 1/2 teaspoon whole peppercorns
- 2 cardamom pods
- 2 whole cloves
- honey to taste

## INSTRUCTIONS

1. Place the herbs and 3 cups of water in a medium saucepan.
2. Turn the heat to high to bring the mixture to a boil, then reduce the heat and simmer for 20 minutes, covered.
3. Turn off the heat and allow to cool until you can comfortably process it further.
4. Strain the herbs through cheesecloth, squeezing it well to get the most elderberry juice from the mixture.
5. Measure the resulting liquid. If you add an amount of honey equal to the amount of juice, the syrup will probably last for a year in the refrigerator. You can add less honey (to taste) but the syrup will not keep as well and will need to be used more quickly.
6. Pour the syrup into clean jars or bottles. Store in the refrigerator.

**Yield:** varies, approximately 2 to 5 cups



## WHAT YOU'LL NEED...

150 grams dried *Echinacea angustifolia* root (approximately 1 1/2 cups)

750 ml 100 proof vodka



## INSTRUCTIONS

1. Place the Echinacea root in a 1-quart jar.
2. Pour the vodka over the Echinacea root.
3. Cover the jar and shake well. Continue to shake the jar every day for 1 week, and then every few days while it is macerating, or extracting, over the next 6 weeks.
4. You'll notice that the Echinacea root will expand as it soaks up the alcohol. If the roots expand so much that the alcohol no longer covers them, add a bit more vodka. However, you want to add as little as possible to avoid diluting the mixture too much.
5. After 6 weeks, give the jar one last really good shake. Then strain the roots through cheesecloth, squeezing it well. (Alternatively, use a potato ricer to strain and squeeze the roots.)
6. Using a small funnel, pour the tincture into clean dropper bottles. Store in a cool, dark place.

## TO MAKE A THROAT SPRAY

You can use your finished tincture to make a simple throat spray.

**Yield:** approximately 3 cups (24 ounces)

1. Combine 1 teaspoon of honey with 1 ounce of Echinacea tincture. Whisk until well combined.
2. Using a small funnel, pour the mixture into a bottle and attach a spray top or fingertip mister.





## WHAT YOU'LL NEED...

- 2/3 cup dried comfrey leaf
- 2/3 cup dried plantain leaf
- 2/3 cup dried calendula flowers
- 1 1/2 cups olive oil
- 1 ounce beeswax
- 40 to 80 drops lavender (*Lavandula angustifolia*) essential oil

## INSTRUCTIONS

- 1.** Place the comfrey leaf, plantain leaf, and calendula flowers in a blender. Blend on high for 3 to 5 minutes or until the plant material is broken down into powder.
- 2.** Add the oil to a double boiler. Stir in the powdered herbs.
- 3.** Increase the heat until the oil is just hot to the touch. Pay close attention to this so you don't fry the herbs. Once the oil is hot, turn off the heat. Let it sit.
- 4.** A couple hours later, once the oil has cooled, repeat this process. Continue doing this regularly for 48 hours.
- 5.** Strain the herbs through 2 layers of cheesecloth, squeezing it well.
- 6.** Prepare your salve tins or jars.
- 7.** Measure out 1 cup of the infused oil. Add the oil to a double boiler over low to medium heat. Add the beeswax. Heat on low to medium until the beeswax has entirely melted.
- 8.** Turn off the heat. Add 40 to 80 drops of lavender essential oil. Stir well.
- 9.** Immediately pour into the prepared tins or jars. Let stand to cool and harden. Do not disturb while cooling. Once cooled, put on the lids.

**Yield:** approximately 8 ounces