



## Herbal Honey Instructions



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## Fresh Root Honeys

Clean and finely cut roots. Add to a double boiler pot and add a measured amount of honey to the pot (just enough honey to cover the surface.) Slowly heat the honey for several hours and allow water to evaporate off. Do not let the honey boil because it will destroy the anti-bacterial properties. Put a lid over the pot and allow the honey to cool. Take a towel and mop up the water that evaporates onto the lid. The idea is to return the honey to the measured amount you started with by evaporating off all the water. Repeat the heating and cooling processing several times until the original volume of honey is attained. Strain out the roots and bottle the honey. Label and store in a refrigerator or cool place. The dose is  $\frac{1}{2}$  to 1 teaspoon as needed in tea or straight.

## Dry Root Honeys

Using dry root is less preferable to fresh root, but it still makes a strong medicine. Weigh your roots and for every 1 ounce of herb use 5 ounces of honey. Make sure the roots are cut in small pieces and moisten them with a little bit of water, just enough to make them feel like they would when they are half dry. Heat the herb and honey in a double boiler for 4 hours to a day, then strain. Dry root honeys can be added to cough elixir or can be taken straight for medicine. It is possible to do a combination of herbs. Possibilities include osha, elecampane, ginger, garlic, cayenne, lomatium....the list goes on. There is not a lot of literature or research on herbal honeys so consider yourself a pioneer and get creative with your recipes.

## Fresh Flower Honeys

Gather flowers and allow them to wilt several hours to half a day. Pack them into a glass jar and cover them with warm, but not boiling honey. Cover the jar and place it in a sunny spot in the garden, a sunny windowsill or by a heating vent for several weeks. Re-warm the honey enough to pour it through a strainer. Bottle the honey, and if you fancy, make a tea out of the left over flowers to drink or place in your bath

## Rose Honey-

Of all flowers, the rose is the most universally revered. Wherever rose grows, it seems to be a symbol of beauty and spiritual awakening. Fresh wild rose or garden rose flowers can be used in honey. The fresh autumn rosehips may also extract well. To make, simply gather the most fragrant flowers in the morning after the dew has dried. Place them in a basket or paper bag and let them wilt for half to a full day. Follow instruction for "Making Fresh Flower Honeys" on the previous page. Rose honey can be used in many ways including cooking, as a spread for breads and pancakes, in tea or to flavor medicine, in cosmetics like facial scrubs and facial cleansers and to sweeten teas and other beverages.

## Lavender Honey-

Lavender honey is a favorite. It smells good and it beneficial topically for washing the face and for applying to burns and irritated skin. In tea, it is soothing and calming to the nervous system. Try using it in a sleepy time tea. It is also a nice addition to early gray tea.

## Garden Mint Honey-

You can find a medley of fresh mint flavors in local nurseries including ginger, cinnamon, pineapple, apple, rose and our favorite, chocolate. Be creative with honey combinations and blend fresh flowers like chamomile or rose with mint. It is calming to the stomach and rejuvenating to the senses.

## Osha Honey-

This root is commonly used for sore throats, coughs, colds and other respiratory problems. The dry roots can be purchased in herb stores. See "making dry root honeys" on the previous page for instructions. This is a good addition to cough syrup and medicinal teas during the cough and cold season.



## Cough and Cold Honey

This recipe is what we use for winter coughs. If you cannot get elecampane, lomatium or osha, just try making ginger honey, which is soothing for sore throats and coughs along with upset stomachs.

- 1) Chop equal parts of ginger root and elecampane root.
- 2) Grind up about  $\frac{1}{2}$  part osha and spritz with a little water to rehydrate it.
- 3) Grind up 1/16 part lomatium seed.
- 4) Place all herbs in a double boiler and cover with honey.
- 5) Warm the honey, but do not let it boil.
- 6) Continue to heat the honey, turning it on and off for a couple of days, until it is thick when it cools down.
- 7) Warm the honey slightly then press it through muslin cloth.
- 8) Bottle the honey in glass jars. It will last 1-2 years.
- 9) You can make tea from pressed herbs.



*Raw honey is considered a medicine because of its nutritive and anti-bacterial qualities. Many herbs can be extracted in honey, especially aromatic and water-soluble plants. Herbal honeys are a great way to get medicine to kids (or adults) who will not tolerate bad tasting teas and tinctures. They can be taken straight, added to tea spread on food. Honeys are used topically for burns, skin irritations and cosmetic recipes. Do not give honey to infants under 6 months.*