

HERBALISTA

HERBAL HOLIDAY GIFTS

WINTER SYRUP

2 oz. Elder Berries

1 oz. Boneset

1 oz. Hyssop

½ oz. Slippery Elm

½ oz. Elecampane

1 oz. dry Ginger

(or 2 oz. fresh Ginger)

½ oz. Osha Root

Place all of the herbs in a stainless steel pot.

Add 96 oz. of clean water (*# oz. of dried herb x 16*)

Slowly bring to a simmer and simmer for 40 minutes with the lid off.

Allow to cool slightly and then strain.

Place back on stove and reduce to 48 oz. (*½ your beginning volume of water*)

Cool to below 113° before adding 48 fl. oz. honey (*equal parts reduced tea and honey*)

Fortify with spirits such as 3 oz of ginger brandy if desired.

Store in fridge. Lasts up to 1 year.

Take 1 tbsp per day as a preventative. If feeling a cold, stir 1 tbsp into hot water and sip on a cup every few hours.

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THIEVES OIL SPRITZER

The Black Death wiped out of Europe's population. According to legend, there were thieves and grave robbers who successfully protect themselves from their infected victims by using essential oils. Many variations of "Thieves Oil" exist, but what they all have in common is the use of anti-microbial essential oils.

Thieves Blend

6 ml Lemon
4 ml Lavender
4 ml Cinnamon
4 ml Clove
4 ml Rosemary
2 ml Thyme
2 ml Ravensara
2 ml Eucalyptus
2 ml Sage

Basic Spritzer

10 mls Essential Oil or Blend
3 ½ oz. Distilled Water
¼ oz Alcohol

Additional Essential Oil Options

Cedar Wood, Tea Tree, Oregano

In a four oz. bottle, first add alcohol and essential oil. Cap & shake. Then add distilled water.
A lovely way to disinfect and aromatize your environment all winter long!

HERBAL BATH SALTS

Soaking in bath salts is softening to the skin, relaxing to the muscles and the mind, and simply a magical way to spend an evening. Blending salts with herbs and oils lets us create customized experiences.

Salt Options: epsom, rock salt, borax, baking soda, mineral salts, sea salts...

Other additions: powdered goat's milk, liquid soap, essential oils, powdered herbs...

Basic Blending per 8 oz. jar

1 cup salt blend

1 tbsp. powdered/chopped herb (rose, lavender, orange peel, rosemary, etc)

10 - 20 drops essential oils (depending on the oil)

Place ingredients in stainless or glass bowl. Mix well. Scoop into container and top with a sprinkling of herbs. Cap and label. One jar per luxurious bath.

MULLED CIDER

Organic Apple Cider

Mulling Spices Blend (*Glühwein gewürzt)**

4 tbsp. Orange Peel (dried)

4 tbsp. Cinnamon Chips

2 tbsp. Ginger Root (dried)

2 tsp. Fennel Seeds

2 tsp. Cloves

2 Star anise (crush)

Warm cider in a crock pot. Place one heaping tablespoon of mulling blend per quart of cider into a muslin bag. Tie shut and add to the pot. Let heat for at least 1 hour covered.

Optional:

Make with red wine or fortify with a flavored Brandy.

**Glühwein is a traditional German drink made with red wine, mulling spices and a bit of sugar. It keeps you warm on a cold winter's day.*

PEAR SPICED BRANDY

The holidays are filled with excitement, love, gifts, and STRESS. Try creating delicious brandied treats to help you relax and enjoy nights by the fire.

Ingredients

Brandy

Pear (chopped)

Cinnamon Stick

Vanilla Bean

Optional: a few cloves, a tablespoon of dried ginger, nutmeg, etc...

Place one chopped pear, one cinnamon stick, and one vanilla bean (scraped, seeds and skin) into mason jar and add brandy till completely covered. Cap and shake everyday for two weeks.

Enjoy spiced brandy in hot toddies or spoon the infused pears over deserts!

HERBALISTA WINTERTIME TEA

HERBAL HOLIDAY GIFTS

We serve this nourishing blend during clinic to provide immune, respiratory, and emotional support during the dark days of winter. The recipe below is written in parts so you can blend as little or as much as you like. Please measure parts by weight.

2 parts Nettle Leaf
1 part Oat Straw
1 part Tulsi Basil
1 part Astragalus Root
1 part Lemon Balm

1 part Mullein Leaf
½ part Ginger
¼ part Cinnamon
¼ part Licorice

Blend ingredients and store in glass jar. Use 1 tbsp. per cup of boiled water. Steep covered for at least 15 minutes. Strain, serve, and enjoy with friends!

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WINTER TULSI CHAI

½ part **Tulsi basil**

½ part **chai blend** (equal parts of fresh ground cinnamon, dried chunks of ginger & shredded licorice)

*Fill and seal Iron-shut teabags. Enjoy this spicy and sweet cup of tea by the fire.

LAVENDER SACHETS

Lavender flowers

Rose Petals

Orange Peel

*Blend ingredients and stuff muslin bags. Tie well and label.