

Elderberry Elixir

This recipe makes approximately 24-28 ounces of elixir after pressing out & adding the honey.

It can be adjusted to make more or less.

It can be made with using either alcohol (vodka or brandy) or vinegar.

It can be made with either fresh or dried elderberries and/or ginger root[∞]

- ∞5.5 oz of dried (organic) elderberries
- ∞.3 oz cinnamon chips or sticks, broken
- ∞.3 oz of dried, cut ginger
- ∞5 cloves buds (count, don't try to weigh out)
- ∞.5oz astragalus root, cut or shredded
- 25 oz/750 ml 100 proof vodka, brandy, or Apple Cider vinegar

∞**These items are included in the elderberry elixir kit**

Place herb kit in a wide mouth quart jar.

Pour enough alcohol or apple cider vinegar in jar to fill to neck line.

Let steep for 6-8 weeks at room temperature, out of direct sunlight, shaking every couple of days.

If you have reserved a complimentary Cottage Pressing, skip the next two steps and proceed to composting once you've picked up your pressed herbs. (See event description).

*Pour off through a *muslin bag, *cheese cloth, or coffee filter.*

Filter and squeeze or press out the herbs.

Compost the spent herb material. Rinse out the muslin bag, wash and save for the next batch.

Add 1 - 2 cup of local, raw honey into liquid mixture and stir well.

Divide, bottle and cap tightly.

Should keep fine throughout cold and flu season as both alcohol and vinegar preserve well. The alcohol version will last indefinitely.

For prevention take 1 TBS daily

Take 1 tsp every 2-3 hours when sick to help shorten down time.

Here is an alternate recipe for those who prefer not to use alcohol or vinegar, or don't want to wait 8 weeks for the 'goods'. The drawback to this method is that the preparation won't keep as long. Idea: freeze the syrup into cubes or small portions that will last you 1 – 3 days when thawed.

Elderberry Syrup

- 1 Elixir kit (see above)
- 4 - 5 cups water
- 1.5 - 2 cups local, raw honey

Add herbs and water to adequately-sized, nonreactive pot.

Bring to a boil. Reduce heat, cover, and simmer 20-30 minutes, or until liquid has been reduced by half.

Strain or press liquid into a bowl. Let cool. Add honey and stir until well mixed. Pour into bottle(s) & Cap.

Keep refrigerated, *use within 2-3 weeks.

*This should last longer than 2 – 3 weeks if stored properly. Alternatively freeze your syrup in ice cube trays and take out as needed.

Researchers have clinically found that elder berries can be effective against 8 different strains of influenza, help prevent infection, and shorten recovery time.

Please Note: The information contained on these pages are not intended to treat, cure, prevent, or diagnose disease or ailments, nor are they intended to prescribe treatment in any way. Use caution and common sense when using essential oils and herbal preparations. Essential oils should not be taken internally or used undiluted on the skin. Essential oils should not be used on small children, women who are pregnant or nursing, the elderly, or those in frail health unless directed by a healthcare professional.

Immune Boosting Mushroom Soup

- 4 ounces of shitake mushrooms (*Lentinula edodes*)
- 4 ounces of maitake mushrooms (*Grifola frondosa*) – if you can't find maitake mushrooms simply double the shitake mushrooms.
- 1/8 inch slice of chopped ginger (*Zingiber officinale*)
- 2 Tablespoons shallots (*Allium cepa*)
- 1 large clove of garlic (*Allium sativum*)
- 1 teaspoon sea salt
- ¼ teaspoon ground/crushed pepper corns (*Piper nigrum*)
- 3 Tablespoons sunflower oil (*Helianthus annuus*)
- 1 Tablespoon chopped fresh rosemary (*Rosmarinus officinalis*)
- 1 Tablespoon chopped fresh cilantro (*Coriandrum sativum*)
- 1 Tablespoon chopped fresh parsley (*Petroselinum crispum*)
- 1 Tablespoon toasted sesame oil (*Sesamum indicum*)
- 32 ounce box of organic mushroom broth (you can use chicken or vegetable if you can't find mushroom)
- Salt/pepper to taste

Add all the mushrooms, shallots, ginger slice and garlic clove in a food processor and puree. Add two Tablespoons of sesame oil in a large pot on medium heat. Add the mushroom mixture to the oil and cook on low heat. After about five minutes, add the broth, salt, pepper and rosemary. Cook on low heat for about 20 minutes. Then add the cilantro, parsley and toasted sesame oil. Once the soup is turned off, and cools, put it into a blender to puree all the ingredients into a creamy soup. You can add salt and pepper depending on how salty and spicy you like it. - Maria Tabone via Naha.org

Bone Broth Soup Recipe

- Several bones from poultry or beef (preferably bones that have marrow). To give you an idea of how many bones, I like to have enough bones to fill half the cooking pot.
- 1 T apple cider vinegar (helps to draw out the calcium)
- 1 onion coarsely chopped
- 2 carrots coarsely chopped
- 2 big pieces of burdock root coarsely chopped or a handful of dried root
- Several dandelion roots coarsely chopped or a handful of dried root
- 15 - 20 slices of dried astragalus root
- 2 celery ribs coarsely chopped
- A handful of herbs such as rosemary, thyme, or oregano

Place everything in a large pot except for the handful of herbs. Fill the pot with water and bring to a boil slowly. Once it is boiling reduce to a simmer. After a while you will see some foam forming at the top. Gently skim this off every couple minutes until the broth runs clear. Add the handful of herbs and simmer for 8 to 12 hours.

When ready, strain off the broth and discard the leftover materials.

Store the broth in the fridge or freezer until ready to use for soups, roasts, chilies, etc. Some people like to freeze the broth in ice cube trays. Once frozen these can be stored in a ziplock bag in the freezer and used as individual servings when needed. - Rosalee de la Foret – Herb Mentor.com

Slippery Elm Lozenges: (*Ulmus fulva*)

Slippery elm is an herb that has been hard hit, both by the marketing industry and unethical harvesting, as well as by diseases affecting the tree itself. If you choose to buy slippery elm, please make sure it comes from a sustainable source.

The following recipe originally comes from Leslie Tierra and is copied here from her wonderful book for kids of all ages: *A Kid's Herb Book*

Make a tea of licorice using ½ cup of water and 1 teaspoon chopped licorice root.

Simmer covered for 10 minutes, then strain. You should have ¼ cup tea. If less, add a little water to make ¼ cup liquid.

- Put ½ cup slippery elm powder in a bowl and make a well in the center. Pour ¼ cup tea (or plain water if you don't have licorice tea) into the well and gently mix into the slippery elm powder to make a smooth dough.
- Sprinkle some slippery elm powder on a clean flat surface and roll out the dough to ¼ inch thickness.
- Cut lozenges into small circles – a tiny bottle cap, such as the lid from a vanilla extract bottle works well.
- Or roll dough into small balls, flatten and smooth the edges with your fingers. Make sure all the edges are smooth so the lozenges aren't sharp when you suck on them.
- Set evenly spaced on a plate.
- Leave out uncovered overnight or for a day or two until completely hardened. (If you live in a really damp environment you may need to put them in the oven on the lowest setting to get them completely dry.)
- Store in a dark bottle or tin in a cool, dry, dark place. (Mine keep for months – but it depends on how dry you can get them.)
- Suck on the pill so it dissolves in your mouth and coats your throat to heal your throat and lungs. These can be taken liberally.

**Slippery Elm Lozenges are also great for soothing the tummy due to indigestion, nerves, and anxiety.

ElderMintBerry Cold CareTea

3 parts dried peppermint
3 parts dried elder berries
2 parts dried red clover tops
2 parts dried yarrow

Respiratory, astringent, expectorant, antiviral, immune stimulant

Mix ingredients well. Infuse approx 1 TBS of mixture per 6 ounces of boiling water. Let steep for approximately 10-15 minutes. Filter and enjoy. Compost spent herbs.

Essential Oil Recipes To Combat Aches, Pains, & Congestion

Cold Care Synergy Blend for inhalations and baths:

40 Lemon
35 Juniper Berry
15 Rosemary
10 Black Pepper or Sweet Marjoram

Baths

Mix 8 - 10 drops of the above blend into a teaspoon of vegetable oil or **mineral salts, then add to prepared bath water.

**If using mineral salts (salts are excellent for aches, pains, and congestion), stir your essential oils in approximately 2 Tablespoons of minerals until well blended, stir *this* mixture into the remainder of our mineral salts for one bath.

Note: Your total number of essential oil drops *per bath* should be no more than 10 drops. The amount of bathing minerals you use in a tub can vary from a ¼ cup to 2 cups, depending on your preference and budget.

In general, aromatherapy full-body baths are useful for:

- Reducing stress/anxiety
- Muscular aches and tension
- Soothing mental or physical fatigue
- Aiding in detoxification
- Stimulating circulation
- (includes lymph circulation)
- Reducing pain and stiffness

Steam inhalation

Place 3-7 drops of essential oil into steaming water. Some essential oils to consider include: Eucalyptus sp. (either *E. globulus* or *E. radiata*), Thyme ct. linalol (*Thymus vulgaris*), Lemon (*Citrus limon*), and Tea tree (*Melaleuca alternifolia*). Cover head with towel and breathe through the nose. Keep eyes closed!

All essential oils are antiseptic, and most are somewhat cleansing to the respiratory system, here a few stand outs.

- Eucalyptus
- Mints, esp. peppermint
- Rosemary
- Thyme, ct linalol
- Ravensara
- Citrus, esp. lemon
- Clove Bud
- Lavender
- Sweet marjoram
- Tea Tree
- Juniper Berry
- Geranium

Foot Bath Tea

2 parts lavender
2 parts rosemary
2 parts calendula petals
2 parts peppermint
1 part crushed fennel seed

Deodorizing, detoxing, anti-inflammatory.

Use ½ to 1 cup of dried herbs per quart of boiling water. Steep herbs for 20 minutes – 1 hour to make a good strong tea. Strain herbs (optional). Pour tea in foot bath container and add additional warm water to fill well above ankles and maintain a temperature of 100-110 degrees. Submerge and soak feet for minimum of 10 minutes. Deodorizing, diaphoretic, anti-inflammatory, refreshing.

Note: If a cool foot bath is desired (summertime colds for instance) prepare as above, let tea cool completely before straining and add to cool water.

Nutritional tips for Avoiding or Shortening Down Time

The Best defense against cold or flu starts with a healthy immune system.

- Seasoning meals with herbs and spices such as ginger, garlic, onion, cayenne, black pepper, turmeric, oregano, and thyme, is a good way to get a boost from the anti-microbial and digestive assistance that can help strengthen the immune system.
- Do your best to get proper rest
- Drink plenty of water
- Limit your sugar intake by cutting out sodas and processed sweets
- Vitamin C – reach for Rosehip Tea – orange juice sugar content is high and immunosuppressive.