

## Recipes

**Honey Garlic:** This is a lovely, make-ahead, easy to feed kids recipe. My kiddos beg for honey garlic. We eat lots during flu season and I like to travel with it and serve with each meal to keep everyone healthy. Many people serve this on crackers but my littles like is straight from the spoon. Toddlers over age one can just have a spoonful of the honey if they don't like the garlic.

Fill a mason jar  $\frac{3}{4}$  of the way with freshly peeled garlic cloves.

Cover with honey. Allow to sit for an hour and come back and check if you need to add more – it tends to settle and you may need less honey than it seems at first.

Allow to sit on a counter or in the pantry for several weeks until the garlic is soft and mellow.

**Fire Cider:** There are as many recipes as there are people who make it. A couple of teaspoons a couple of times a day can help ward off colds and flus – I would also recommend it if you are fighting any other infection.

Use a 1-quart jar and fill it to 2 inches from the top with some combination of the following. If you use everything, it probably won't fit!

A chopped onion (red, white, yellow, or some shallots. . .)

6-12 cloves of chopped garlic

up to  $\frac{1}{2}$  cup freshly chopped horseradish

up to  $\frac{1}{2}$  cup freshly chopped ginger

up to  $\frac{1}{4}$  cup freshly chopped turmeric

several springs of thyme, oregano, parsley or rosemary OR 1-2 tsp of each dried herb

up to 1 tsp peppercorns and/or cloves

1-2 cinnamon sticks

1-2 chopped hot peppers OR 1-2 tsp red pepper flakes

a lemon and/or orange juiced and zested or roughly chopped

Cover with ACV, screw on a plastic lid and allow to sit for a few weeks in a cool place out of direct sunlight, ideally, shake it every few days. Strain into a different quart-sized mason jar (use a cheesecloth and squeeze all those good juices out!) and add honey to taste (the dose of fire cider is small, so I wouldn't be shy to add quite a bit of honey if you need to). Store in the pantry for about six months or in the refrigerator for much longer. Some people dilute it with water, make cocktails, or hot toddies

**Switchel:** Feel free to adjust the ratios.

1 cup ginger, roughly chopped  
6 cups water  
½ cup honey  
½ cup apple cider vinegar  
2/3 cup fresh lemon juice

Simmer the ginger and water for 20 minutes.

Allow to cool until it is not scalding and strain into a pitcher or mason jars.

Add honey, vinegar, and lemon juice.

Serve hot, cold, or warm. The end product is pretty strong and you can add sparkling water, hot water, cold water or ice to each cup you pour depending on personal preference. Drink liberally if you are sick or to avoid sickness.

I also make a “cheater” version and pour hot water over ½ tsp powdered ginger and add honey, lemon, and vinegar.

**Elderberry Syrup:** This is best taken in several 1 TBS doses throughout the day – every hour is ideal if you can feel a cold/flu starting or 2-4 doses as a preventative. For an older infant, you can make some without honey and then sweeten with fresh-pressed juice, although this won't keep more than a few days. Delicious stirred into sparkling water with a squeeze of lemon.

Optional add-ins (put in with berries) clove, cinnamon, ginger, citrus peel. Clove and cinnamon shouldn't be used excessively by pregnant women. Elderberry stems/seeds and raw elderberries are toxic

½ cup dried elderberry  
3 cups water  
honey (about 2 cups)

Put elderberries and water in saucepan. Bring to a boil, cover, and simmer 20 minutes. Turn off the heat and cool until safe to touch.

Strain into a bowl (press out every bit of the goodness!) and funnel into a quart sized mason jar.

Add honey to double the volume. (Acts as a preservative – less honey will mean it doesn't keep as well – it should still keep a few months, though)

Store in the fridge for up to one year.

## **Witches Brew**

This makes a big batch of my favorite tea to give everyone when a nasty soar throat or respiratory virus hits. It is a very flexible recipe – you can switch out ingredients for whatever you have on hand. Sage is a great addition for soar throats. I often use raw cider from a local farm and decrease the amount of spices to entice my reluctant drinker. Don't binge drink this if you are pregnant.

1/2 tsp whole cloves

2 cinnamon sticks

a few inches of fresh or 1 TBS dried orange peel

2 TBS chopped fresh ginger or 2 tsp dried ginger

½ tsp cardamom powder

¼ tsp peppercorns

a shake of nutmeg

6 cups of water

optional sprigs of thyme, sage, rosemary, and a bay leaf

Simmer everything for about an hour – strain, add honey and sip. I often just leave the pot on the stove and re-heat and ladle through a strainer straight into mugs and then add the honey. A small mug a few times a day would be more helpful than one big serving.

## **Thyme Oxymel**

Take a small “shot” (diluted as needed) every hour or so for a soar throat soother or take 1-2 times daily to fight any infection (UTI, sinus/ear infection, yeast infection. . .)

Pregnant women should not consume large amounts of thyme, including thyme oxymel. We also love this as a salad dressing base.

Fill a mason jar ¼ full with dried thyme or ¾ full of fresh thyme (no need to de-stem).

Fill with equal parts honey and apple cider vinegar.

Allow to sit for two weeks or more before straining into another jar and discarding the thyme.

Store in the refrigerator for up to one year.