

Recipes:

Basic Herb-Infused Honey *Note: Raw honey should not be given to infants under the age of 12 months.*

Ingredients

- fresh herbs to loosely fill a 500ml sized mason jar or, if using dried herbs, to about the halfway point
- raw, unfiltered honey (preferably local)

Instructions

- Wash your fresh herbs and spread them out on paper towels or a wire cooling rack. Allow to dry and wilt overnight to eliminate excess moisture that can lead to mold growth.
- Add herbs to a clean mason jar and cover with honey until jar is full and the leaves are fully submerged. If honey is too solid to pour, gently heat it by placing it in a warm water bath. Take care not to heat the honey beyond about 110F, or you risk destroying its beneficial enzymes.
- Secure the jar's lid, and place in a sunny windowsill.
- Flip the jar onto its lid once a day or so. This ensures that the mint is staying submerged under the honey. You do not want the mint exposed to any oxygen or you risk contamination and bacteria growth.
- Infuse for 2-4 weeks, allowing plenty of time for the herb's medicinal properties and flavor to extract into the honey.
- Strain out the herbs using a fine mesh strainer, making sure there is no remaining plant matter in your infusion. Gentle heat (again, keep it below 110F) will help thin the honey sufficiently to strain easily. ♥

https://traditionalroots.org/files/2017/04/Mastering-Menstruums-in-Herbal-Extracts-final-5_16.pdf

Shepherd's Purse Pasta pesto

- 500 gms pasta (substitute gluten free pasta if gf)
- 1 cup fresh shepherd's purse
- 3/4 cup parmesan, freshly grated (substitute nutritional yeast if dairy intolerant)
- 1/2 cup roasted unsalted almonds (substitute sunflower/pumpkin seeds if nut allergy)
- 2 cloves garlic
- 1/2 cup extra virgin olive oil
- Salt and pepper to taste
- 1 cup cherry tomatoes
- 1/2 cup kalamata olives, pitted and sliced
- 1 lemon, zest and juice
- 1/2 cup fresh basil leaves, torn

Method

1. Boil the pasta in a large pot filled with salted water, according to the instructions on its package. Once cooked, drain and set aside but save a cup of the pasta water.
2. While the pasta is cooking, start making the pesto sauce. In a food processor, add the shepherd's purse, grated parmesan, roasted almonds, garlic cloves, olive oil, and some salt and pepper. Process until the ingredients form a smooth, creamy mixture. You may need to pause the processor and scrape down the sides a few times to ensure everything is well combined.
3. Pour the pesto sauce over the drained pasta, add in a bit of the saved pasta water, and stir well until all the pasta is evenly coated in the sauce. The starches in the pasta water will help the sauce adhere to the pasta. You may not need all of the pasta water so add it gradually.
4. Next, add the cherry tomatoes, kalamata olives, finely grated lemon zest, basil leaves, and lemon juice to the pasta. Toss well to evenly distribute the ingredients.
5. Do a final taste test and adjust the seasoning, adding more salt or pepper if required. Divide among serving plates and top each with additional basil leaves and a sprinkle of parmesan, if desired.
6. Serve the Shepherd's Purse Pesto Pasta immediately, while it's still warm. Pair with a glass of white wine and enjoy!

Dandelion/sunflower seed pesto and roasted tomatoes

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Ingredients

For the pesto:

- 1/2 cup sunflower seeds
- 3 cloves garlic
- 2 cups finely chopped fresh dandelion leaves and/or other greens
- 1 tbsp lime or lemon juice
- 1/4 cup parmesan or nutritional yeast
- 1/2 cup high quality extra-virgin olive oil
- 1/2 teaspoon coarse sea salt
- 1 teaspoon turmeric powder (Optional)

For the tomatoes:

- 1 cup cherry tomatoes, cut into halves
- 2 tbsp olive oil
- pinch sea salt
- pinch ground black pepper
- 2 tsp dried oregano

Step 1

1. Preheat oven to 220oC
2. On a cookie sheet lined with parchment paper, spread out tomato halves.
3. Drizzle with olive oil, oregano, sea salt and pepper.
4. Bake for 10 minutes, or until tender.

Step 2

Meanwhile, put sunflower seeds, garlic, dandelion leaves, lime juice, olive oil, sea salt, tumeric powder and fresh ground pepper into a blender. Blend for 10-20 seconds. Stop, remove lid, and shift ingredients (if necessary).

Step 3

When the ingredients are roughly chopped, add the sunflower seeds and blend again to desired consistency. (If you don't plan to use the pesto immediately, or you have extra, scoop into a clean, glass jar and store up to 2 days).

Step 4

Top pasta or bread with roasted tomatoes and pesto. Serve immediately and enjoy!

Basic Herb Vinegar *Yield depends on container size used to infuse, scale to your needs.*

Ingredients

For fresh herbs

- 2 parts organic vinegar of your choice
- 1 part fresh organic fruit, herb, root, bark, or a blend of these

For dried herbs

- 1 part dried organic herb
- 15 parts vinegar
 - For example, add 2 Tbsp. dried herb to a pint jar, fill remainder with vinegar

Directions

1. Place appropriate amount of plant material in jar (see above for fresh and dried proportions). You can gently mash fresh fruit, or roughly chop denser plant material for a more thorough extraction.
2. Pour in enough vinegar to fill jar to about 1/2 inch from the top.
3. Wipe any liquid off rim, then cover opening with parchment and secure with rubber band.

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4. Label and date your jar.
5. Store your jar in a cool, dark place and let extract for two to four weeks. Some denser ingredients may go beyond a month for a more complete extraction. I tend to remove the parchment paper, cover with a lid, and shake the jar every few days to assist in the extraction.
6. When the allotted time is up, strain your vinegar through a [fine mesh strainer](#). Push down on the material to release as much of the vinegar as possible. Pour your finished product into small bottles, [label](#), and date.
7. Enjoy your vinegar extracts in all of your culinary creations!

Chickweed tea:

- 1 tsp dried or 2 tsp fresh chickweed leaves
- 1 cup of water

How to:

1. Thoroughly wash the chickweed leaves, dry in a rolled up tea towel, and then slice into strips.
2. Bring the kettle to the boil.
3. Add the fresh/dried chickweed to a teapot or infuser.
4. Pour the boiling water over, cover, and steep for 15-20 minutes.
5. Strain and enjoy.

As always, consume in moderation and avoid when pregnant or breastfeeding. Allergies are not common for this plant, but of course, there's always the chance. Chickweed is not from the *Asteraceae* family, but from the ***Caryophyllaceae*** family.

Dosage: 1 cup up to 3 times a day.

Poultice: Crush up fresh chickweed with a small amount of water and apply to skin irritations or small wounds.

Bath: Create a fresh-plant infusion and allow to steep for 20 to 30 minutes. Strain and add to bathwater to relieve itching. It might be another nice little alternative to calamine lotion.

Colombian Ajiaco {Potato, *Galinsoga* and Chicken Soup}

Kristina Todini, RDN [How to Make Colombian Ajiaco Without Traveling to Bogota \(forkintheroad.co\)](#)

Prep: 10mins, Cook: 1 hr; servings: 8

INGREDIENTS

Soup

- 1 tablespoon olive oil
- 2 pounds chicken breast
- 2 large onion chopped
- 4 single garlic cloves minced
- 8 cups chicken stock
- ½ teaspoon salt to taste
- ¼ teaspoon ground black pepper to taste
- 1 bunch cilantro chopped (about 2 cups)
- 3 whole green onions chopped (greens and whites)
- 2 tablespoons guascas herb (*Galinsoga*)
- 2 pounds mixed potatoes red, gold, russet, cut into bite-size pieces
- 2 ears corn cut into 2-3 inch pieces

Toppings

- 2 cups white rice cooked

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- 2 whole avocados thinly sliced
- ½ cup heavy cream
- ¼ cup capers drained

INSTRUCTIONS

1. **Cook chicken and vegetables:** Heat olive oil in a large soup pot over medium heat. Add chicken, onions, and garlic and brown outside of chicken for 1-2 minutes each side.
2. **Cook soup:** Add chicken stock, salt, pepper, cilantro, green onion, and guascas and bring soup to a boil. Reduce heat to medium-low and simmer until chicken is cooked throughout, about 20 minutes.
3. **Add potatoes + shred chicken:** Remove chicken and set aside to cool. Add potatoes and corn and cook until tender, about 8 minutes. In the meantime, use a fork to shred chicken breasts.
4. **Simmer and season:** Add shredded chicken back to soup along with the corn on the cob. Simmer on low another five minutes. Season to taste with more salt, pepper, or guascas if needed.
5. **Garnish and serve:** Serve in a chamba soup bowl with white rice, sliced avocados, cream, and capers.

Strawberry Leaf Tea

Ingredients and Equipment

- 1-2 teaspoons of dried strawberry leaves (per 8 oz cup)
- 1 cup of fresh water
- Kettle
- Teapot or mug
- Tea infuser, tea ball, or fine-mesh strainer
- Optional: Honey, lemon, or other sweeteners to taste

Step-by-Step Brewing Instructions

- Bring fresh, cold water to a rolling boil. For most herbal teas, water just off the boil (around 93°C) is ideal.
- Place 1-2 teaspoons of dried strawberry leaves into your tea infuser, tea ball, or directly into your teapot. Adjust the amount based on your desired strength.
- Pour the hot water over the leaves.
- Allow the tea to steep for 5 to 10 minutes. A longer steep will result in a stronger flavour. For a milder taste, steep for less time.
- Remove the infuser or strain the tea to separate the leaves from the liquid.
- Pour your freshly brewed Strawberry Leaf Tea into a cup.
- Enjoy it plain, or add a squeeze of lemon, a spoonful of honey, or a touch of a natural sweetener if desired.

Serving Suggestions

- Hot: Perfect for a comforting beverage on a cool evening or a refreshing start to your day.
- Iced: Brew a double-strength batch, let it cool, then pour over ice for a refreshing summer drink. Garnish with fresh mint or a slice of lemon.
- Blends: Strawberry leaf tea has a mild flavour that blends well with other herbs. Consider adding a few mint leaves, a slice of ginger, or some rose hips for added complexity and benefits.

How Much Strawberry Leaf Tea Can You Drink in a Day?

The appropriate amount varies based on individual health needs and sensitivity. Generally, these guidelines apply:

- **For General Health Maintenance:** 1-2 cups (240-480 ml) daily is considered safe and potentially beneficial for most healthy adults.
- **For Specific Health Support:** Up to 3 cups daily may be appropriate for addressing particular health concerns.
- **Maximum Recommended Amount:** Limiting consumption to no more than 4 cups daily helps avoid potential side effects from excessive tannin intake.

- **Duration of Use:** Cycling use (such as 3 weeks on, 1 week off) may be advisable for long-term consumption to prevent potential sensitivity development.

[Strawberry Leaf Tea:17 Benefits, Side Effects & How to Make It](#)

Mudbrick Herb Cottage's Fire Cider is a warming, spicy, zingy blend of garlic, ginger, chilli and horseradish steeped in apple cider vinegar and honey. It is good fun to make and even better to give. If you want the original recipe, go to Rosemary Gladstar.

You will need

- 1 head of garlic, cut (or 1 Tbsp dried garlic granules)
- 1 Tbsp dried horseradish (or fresh, sliced)
- a 2.5cm piece of ginger, sliced (or dried ginger)
- 1 lemon, cut into wedges
- 1 small onion, roughly chopped
- 2 red chillies, chopped (or 1 tsp dried cayenne)
- 2 cups apple cider vinegar
- ¼ to ½ cup honey
- Optional: turmeric, thyme, rosemary, sage, oregano

Method

1. Pack the garlic, horseradish, ginger, onion, lemon and chillies (and any herbs) into a clean jar.
2. Pour over the apple cider vinegar so everything is covered.
3. Steep in a cool, dark spot for 4 weeks.
4. Strain through muslin, stir in the honey, and bottle. Keeps in the fridge for up to a year.

Enjoy a spoonful in warm water with honey, as a zesty salad dressing, stirred into soups and stews, or mixed with oil as a marinade.

Ivy Leaf Laundry Detergent using *Hedera Helix* (English Ivy)

- 60 ivy leaves (if using less, adjust water accordingly)

How to:

1. Rinse and scrunch up and place in a saucepan with 4 ½ cups water.
2. Boil 15 mins.
3. Steep for ½ a day.
4. Squeeze and discard the leaves, and filter through cheesecloth.
5. Enough for 3 loads of laundry using ¾ cup per load.
6. Store in the fridge or add 1:5 ratio of vinegar.