

Into the Herbalist Kitchen w. Liz Henke

Infused Honey & Vinegar

INFUSED HONEY

Honey is a sweet, sticky fluid made by bees from the pollen and nectar collected from flowers.

Benefits- Anti-bacterial, soothes mucous membranes, topically can treat wounds, provides nutrients, great for stimulating circulation in skin, may help with allergies, and it taste so good :)

Infusing plants in honey...

Many herbs, flowers, roots, and seeds can be infused into honey to enrich the flavor and it's benefits. This is wonderful opportunity to be creative and explore your own palette.

How to create an infused honey:

- Get a good local, raw honey
- Select your herbs (dried or fresh) either based on desired flavor or effect
- Clean glass jar
- Fill jar up half way with plant material (this can sometimes vary depending on desired flavor intensity or if plant selected is extra potent, i.e. garlic)
- Cover plant material with honey and fill to top of jar or at least 2 inches above the top of the herbs.
- Put lid on and shake vigorously
- Set on counter in cool, dark area
- Turn and/or shake jar when you notice herbs have completely risen to one end. Turn jar often until honey is ready

**Infusing time will vary depending on herb/plant chosen, roughly anywhere from 24 hours to 6 months, sometimes longer.*

Honeys to try:

Blend Rose & Vanilla- 3pt Rose
1pt Vanilla

Blend Elderberry & Cinnamon- 2.5pt. Elderberry,
1/2pt. Cinnamon

Herb & Recipe Suggestions:

Mint- Tea, salad dressings, on ice cream anything!

Garlic- Over chicken, salad dressings, oxymel, in water

Ginger- Tea, salad dressing, sparkling anything

Thyme- Tea, salad dressings, oxymel, by its self

Sage-Tea, salad dressings, poultry, oxymel, by its self

Lemon- Chicken, tea, oxymel, asian food, by its self

Rose- syrups, tea, cookies, ice cream

Chamomile- tea, ice cream, toast, by its self

Vanilla- Tea, Ice cream, toast, syrup

Elderberry- Oxymel, tea, syrup, pancakes, ice cream

Cinnamon- tea, ice cream, beverages, pancakes, oxymel

Chai- Toast, Ice cream, tea, pancakes

Infused Vinegar

Vinegar is a sour-tasting liquid containing acetic acid, typically made from fermenting alcohol, such as wine.

Benefits- Anti-bacterial, balancing effect on the body, apple cider vinegar is a live food, stabilizes the pH of the body, can aid in weight loss, typically it soothes skin. Can be used to make delicious food & beneficial preparations

Infused Vinegars...

Many herbs, flowers, roots, seeds, and really so much more can be infused into vinegar to enrich the flavor and its benefits. This is a wonderful opportunity to be creative and explore your own palette.

How to create an infused vinegar:

- Get a good quality vinegar, ACV is recommended
- Select your herbs (dried or fresh) either based on desired flavor or effect
- Clean glass jar with non-metal lid (or a few layers of waxed paper if you have a metal lid)
- Fill jar up one-third to half way with plant material (this can sometimes vary depending on desired flavor intensity or if plant selected is extra potent, i.e. garlic)
- Cover plant material with vinegar and fill to top of jar or at least 2 inches above the top of the herbs.
- Put lid on and shake vigorously (if using a metal lid to then place wax or parchment paper on top of jar before covering with lid.)
- Set on counter in cool, dark area
- Shake jar when you notice herbs have completely risen to one end. Shake jar often until vinegar is ready

**Infusing time will vary. Culinary & sipping vinegars will take a shorter length of time, then medicinal preparations. Culinary/sipping vinegars take 24 hours to one week. Medicinal preparations take 1 month.*

Herb & Recipe Suggestions:

Dandelion- salad dressing, sipping, digestive

Redbud- salad dressing, sipping, sparkling water

Chickweed- salad dressing

Spicy Pepper- salad dressing

Thyme- salad dressing, oxymel

Sage- salad dressing, oxymel, sparkling water

Hibiscus- salad dressing, oxymel, sparkling water

Elderberry- Salad dressing, oxymel, sparkling water

Vinegars to try:

Blend early spring herbs and flowers (any combination of the following- dandelions, chickweed, redbuds, violets, nettles (use caution), hen bit

Blend Elderberry Vinegar & Cinnamon Honey