

## *Rose hips*

The rose hip is the oval, red fruit of the rose, which can be harvested after flowering. The most common types that are harvested are the Rugosa rose or Nootka rose which can both be found and harvested in the Northwest in late summer and early autumn. Rose hips are most well known for containing a high amount of vitamin C, which is helpful to the immune system, however, they have many other uses as well. These uses include functioning as an

- antidepressant
- antispasmodic
- aphrodisiac
- astringent
- antibacterial
- antiviral
- antiseptic
- anti-inflammatory
- blood tonic
- cleansing agent
- digestive stimulant
- expectorant
- increase bile production,
- tonify the kidneys
- menstrual regulator.

When deseeded, rosehips can be used to make a myriad of things. They can be used fresh to make jam, jelly, relish, or a vinegar tonic, or dried for later use as a tea.



## *Honey*

Created by our bee friends who help pollinate so much of our food and medicine, honey has been used in medicinal preparations for at least 4,000 years. Honey often contains trace amounts of active compounds from the pollen that the bees collect, but honey has many healing properties of its own. It is antibacterial, antimicrobial, and anti-inflammatory, making it useful in skin care and treatment of wounds. Honey softens the skin, soothes sore throats, and eases coughs.

- antioxidant
- anti-inflammatory
- antimicrobial
- counters pollen allergies
- natural cough syrup (suppressant)
- improves memory function
- improves sleep health

## *Peppermint*

Peppermint is a leafy green herb that we all know well. It grows veraciously in the climate in the Pacific Northwest can be used multiple ways medicinally. Peppermint can be used as an antibacterial, antifungal and cooling anesthetic when applied to the skin. Peppermint is also very helpful as a digestive aid and can be used in tea, syrups, or honey infusions.

## *Apple Cider Vinegar*

Apple cider vinegar is an extremely nourishing, acidic vinegar which is high in nutrients and aids in digestion. While considered by many to be secondary to alcohol when making herbal medicines, Apple Cider Vinegar effectively extracts mineral (including calcium), as well as sugars, bitters, tannins, and glycosides. Great for tonic remedies taken in larger doses and over long periods of time. Also a good option for children and others who do not consume alcohol. Shelf life is shorter than medicines made with alcohol, but if kept out of warmth and sunlight, some formulas can last for years.

Medicinal and health benefits of apple cider vinegar (ACV)

- anti-glycemic (which means it aids in regulating blood sugar levels)
- helps reduce heart burn and acid reflux
- natural antibiotic
- supports healthy cholesterol by protecting the arteries from oxidation
- increases metabolism
- antioxidant
- Increases the body's absorption of minerals
- antiseptic (great for hair health)
- liver cleanser

## *A basic folk method syrup recipe*

### **Ingredients needed:**

Herb of choice dried or fresh  
Sugar  
Water

### **Instructions:**

Start with making a basic decoction or infusion of the herb and let steep for at least an hour – overnight is best if possible! Generally, if you want to make a **root or bark** herbal syrup you should do a decoction (simmer for 20 min then steep over night). For the **leafy herbs and flowers** it is best to do an infusion (steep as long as possible).

After you have a strong infusion, strain the liquid and add it to a pot on the stove. **2 parts sugar to 1 part liquid.** Turn on the heat and stir until the sugar is completely dissolved. Congratulations! You have a syrup!!! Put in an appropriate jar, label, date. Your syrup can last in the fridge anywhere from **5 weeks to a year!** Sugar is a natural preservative. When little white mold reveals itself, it is time to retire it.

Syrups can be used as medicine, mixed with mineral water to create unique sodas, or used to make herbal cocktails. Syrups are a great way to make bitter herbs more palatable.

## *Elderberry*

Elderberry is great for seasonal transitions when the immune system is most vulnerable. The berries from the elder tree are a powerful diaphoretic, diuretic, and astringent (which induces sweating and reduces fevers). The berry is used for its antioxidant activity to lower cholesterol, improve vision, boost the immune system, improve heart health, treat coughs, colds, and flues, as well as bacterial and viral infections.



## *Oxymel recipe*

### **What is an oxymel?**

An oxymel is a sweetened vinegar extract that can be drank independently or added to salads or cocktails. The vinegar in the oxymel helps to extract the medicinal qualities of the herb from the herb of choice. Oxymels are easy to make and can be stored in the refrigerator for up to a year.

### **Ingredients:**

0.5 part rose hips  
1 part elderberry  
2 parts honey  
2 parts Apple Cider Vinegar

### **Instructions:**

Place all ingredients into jar or container of choice and **mix kindly**. If you are using a metal lid, make sure you put wax or parchment paper between the lid and jar so the vinegar doesn't react with the metal and cause it to rust and tarnish. Let this mixture sit in a cool and dark place for at least 2 weeks and **shake often**.