

Nourishing Herbal Recipes

Tea

A short steeping time generally 4-8 minutes ex. Oolong, green tea, chai

Infusion

A longer steeping time generally 10-30 minutes ex. Chamomile, Holy Basil

Decoction

A low boil generally 5-15 minutes for harder or woodier roots & stems ex. Echinacea

Nourishing Herbal Infusion

A Nourishing Infusion is a Nutrient-Dense Drink Full of Minerals. One of the best ways to experience the profound benefits of these herbs is to make a nourishing herbal infusion

How to Make a Nourishing Herbal Infusion

What you'll need...

3 / 4 - 1 ounce mineralizing herbs or mineral blend tea ·

Boiling water

1. Put the herbs in a quart-sized canning (mason) jar or a saucepan with a lid. You can also use a quart size French Press. I like to keep one for coffee and 1 only used for Mineral Blend Tea.
2. Pour 1 quart boiling water over the herb.
- 2B. If using the French press, don't push down the strainer.
3. Cap your jar with the lid.
4. Let it sit for 4 to 8 hours **or overnight** on the counter to pull the minerals into the solution.
5. Strain it out. Making it before you go to bed and straining in the morning is a great idea.
6. Drink this within 2 days and store it in the refrigerator when you're not drinking

If you don't finish the refrigerated tea, try using it to **water your plants** (they'll love it!). Or use it as a **nourishing hair soak**. Your hair will love it too.

Nettle soup (serves 4)

Two medium potatoes.

One medium onion.

One large bunch of freshly picked nettle tops (you might want to prepare these with gloves on).

One liter of stock which could be made from a vegetable stock cube or vegan bouillon powder.

Chop up the potato and onion and lightly sauté for a few minutes. Finely chop the nettles and add to the pan, continue to sauté for a little longer and then add stock and simmer for 15 to 20 minutes until the potato is tender. Then liquidize and add a splash of lemon juice, a little grated nutmeg, salt and pepper. (You might not need the salt if your stock is rather salty, always check that before adding the salt). Add one cup of unsweetened plant milk to give it a creamier texture (optional). You could also swirl a bit of oat or soya cream on top just before serving - sprinkle with a little parsley.

This soup is also nice with roasted seeds sprinkled on top with nutritional yeast flakes.

Nettle Soup (easy to make and delicious):

First, pick your nettles by pinching off the fresh leaves at the tip of the plant, leaving the plant itself intact. It's best to do this in the spring when the plants are young and the vitamin content at its highest, before the flowers appear. Rinse your nettle tips in cold water, and cut off any woody bits or thick stems. You need to wear gloves while you handle them, but once the nettles are cooked you can safely eat them without any stinging. they should be blanched, to help remove the oxalates, before adding to this lovely soup.

Melt some butter in the bottom of the soup pot, add a chopped onion or two, and cook slowly until softened.

Add a liter or so of vegetable or chicken stock, with salt, pepper, and any herbs you fancy.

Add 2 large potatoes (chopped), a large carrot (chopped), and simmer until almost soft. If you like your soup thick, use more potatoes.

Throw in several large handfuls of fresh nettle leaves, and simmer gently for another 10 minutes.

Add some cream (to taste), and a pinch of nutmeg. Purée with a blender, and serve. (If you happen to have some truffle oil in your pantry, a light sprinkling on the soup tastes terrific.) Use the left-over nettles for tea, sweetened with honey.

NETTLE SAUTE

Freshly harvested nettle 2 cups - rinsed and chopped

¼ onion chopped

2-3 garlic cloves chopped

¼ Extra virgin organic olive oil

In a frypan on low heat, add oil.

Saute onion until they begin to carmelize (about 6-8 minutes)

Add garlic saute for 2 minutes on low to medium heat.

Then add chopped nettles. Saute on medium heat for 12-15 minutes.

Check out this recipe from the SPRUCE

[How to Sauté Stinging Nettles - Recipe](#)

How to Make an Herbal Poultice with Comfrey

One of the easiest herbal remedies you can make is a poultice. A poultice is basically just mashed up plants made into an herbal infusion/tea with water and gently strained - leaving the herb very wet. You can place the tea/herb mixture directly onto the area that needs the poultice, completely cover the herb against the skin or around the injured joint with a cloth. Cover in plastic or line the couch or chair with plastic (we use a trash bag) to keep it from leaking all over.

Hold the poultice pack on the injured area for thirty minutes to 1 hour or 1 ½ hours. Once or twice a day for the next week.

Can I make a poultice with dried herbs?

Yes! If you want to use dried herbs to make a poultice, you can add a little bit of just-boiled water to your dried herbs. Keep adding spoonfuls of just-boiled water until your dried herbs become a paste-like consistency. Apply the poultice once the paste has cooled to a temperature that is skin-safe.

Do I need cloth to make an herbal poultice?

You can simply place the plant matter on your body and hold it in place with a free hand. Cloth comes in handy, however, if you want to keep the poultice on for a longer period of time and be active or if you're poulticing a large area and want to keep the poultice in place.

Making Herbal Infused Vinegar in 6 easy steps

Bone Skin Hair Health

To make your own herbal vinegar extraction, follow these easy steps:

1. **Pack a jar $\frac{3}{4}$ full of plant material (if using fresh herbs, pack the jar full.**
2. **Fill the jar to the top with slightly warmed apple cider vinegar** (raw, organic vinegars give you beneficial microorganisms much like yogurt does).
3. **Cover.** Since vinegar rusts metal tops, a plastic top is preferable. Alternatively, you can simply line your metal canning lid with a piece of parchment or waxed paper or even plastic works. Then just screw on.
4. **Label your jar** with the plant name, and menstruum used (vinegar).
5. **Top it off.** The next day, the plant will usually have absorbed enough liquid to end up uncovered, so top off the liquid level. Check the liquid level once or twice over the first week or so.
6. 3- 6 weeks later, **strain out the plant material through cheesecloth**, and you have your own wild herb vinegar!
7. 1 teaspoon daily for a blast of minerals and the benefits of Apple Cider Vinegar.
8. Use as a base in your favorite salad dressing recipe, or use with Olive Oil on your salad, or on steamed veggies, in sauces, etc..

Use any combinations of the following organic ingredients. I'd stick to no more than 5 in any 1 batch. Experiment!

Fresh or dry of the following: Oats, Comfrey, Red clover (leaves &/or Blossoms)
Red raspberry, yellow dock, dandelion leaves.

Watercress, kale, dulse or kelp seaweeds, Kale.

Rosemary, garlic cloves (the skins too), Lemon peel or for a little heat, a pinch of cayenne. Organic Egg shells for even more calcium.