

## How to Make an Herbal Tea

The standard way to make an herbal tea is to pour slightly cooled boiled water over the material to be infused, let it stand for 5 minutes, strain it, and drink it. You can let it stand longer if you want stronger flavour. You can save the strained plant material for another cup of tea because as long as you get taste and colour – it's still good to use.

The reason why boiled water should be allowed to cool for 5 minutes before pouring it on the plant material is because boiled water can harm the nutrient levels. In particular, vitamin C is denatured at 158° Fahrenheit or 70° Celsius. The same goes for cooking foods containing vitamin C. (Source: <http://www.vitaminable.com/at-what-temperature-does-vitamin-c-denature.html>)

### Fresh plant material

- When a recipe refers to fresh plant material to be used, a 1/8 cup fresh material is typically used in a large mug, (or a few leaves), following the method above.

### Dried material

- When a recipe refers to using dried material, use 2 teaspoons of material when making it.

### Bark or seeds

- Should the recipe call for bark or seeds to be used, use 2 teaspoons of seeds or 1 tablespoon of bark.

### Sweetening your infusion

- You could sweeten your nourishing herbal drink with honey or cane sugar should you so require, and a dash of fresh lemon juice may also enhance the taste.

When making herbal teas – make lots! Use it to make your rice, quinoa or couscous. Use cooled tea to water your houseplants to give them added nutrients

## How to Make a Healing or Nourishing Salve

The best way to make a salve is to allow your herbs to solar infuse in your choice of carrier oil anywhere between 4 and 6 weeks. Fill (not stuff) a jar with herbs and pour the carrier oil over top. Be sure to cover all plant matter and poke out any trapped air bubbles. Be sure to use plant matter that has NO moisture on it at all!! (No rain, dew, etc.) Cover the jar and let sit in a room that gets sunlight but do not place in direct sunlight. Be sure to date it so you don't forget when you started it.

A faster method is to place your herbs and the carrier oil into a Pyrex container over top of a large pot that is about  $\frac{1}{4}$  full of water. Once the water is boiling turn the stove down to a simmer and allow the herb/oil mixture to infuse for about 40 minutes. **DO NOT SPLASH WATER INTO THE HERB/OIL INFUSION!**

\*\*\*

After either of the above methods, place three layers of cheesecloth over a large bowl. Pour the infused oil over the cheesecloth to strain and be sure to keep herbs out of the oil. Once drained with your clean hands squeeze out remaining oil. After measuring out what you will use to make salve store the remaining oil and again, be sure to date it.

\*\*\*

Measure out 114 grams of infused oil (or 4 oz which is  $\frac{1}{2}$  cup) and set aside.

Weigh 8 grams of beeswax on a scale. Shave or cut into small pieces your beeswax. Place in a Bain Marie and melt.

Once melted add to the oil and stir well with a clean wooden stick. Test it for hardness by taking a small amount on a spoon and tip it – the mixture should adhere to it. If it is too soft add a tiny bit more melted beeswax.

Add 4 drops of Benzoin oil as a preservative and add a few drops of essential oil for fragrance if desired. Pour mixture into jars. Cap only when cooled. Store in a dark, cool location.

**NOTE:** In addition to making salves for muscle aches, skin ailments, or other health ailments, make a health-nourishing salve for your skin. When infusing oil, use vegetables that are well-known for skin health such as broccoli, spinach, bell peppers, asparagus or carrots.

## Social Media

Be sure to “like” EdibleWildFood.com on Facebook and subscribe to EdibleWildFood.com on YouTube. Follow EdibleWildFood on Twitter.