



Kate McFeeley – Madison Herb Society Presentation

Medicinal Herbs and Herbal Preparations for Coping with Winter Colds and Flu – 1/16/2021

Garlic Lemon Aid

Peel one lemon to remove the yellow peel, leaving the white part intact. Cut the peeled lemon into quarters and place in a blender with 1–2 cloves garlic, 1/8 to 1/4 cup of honey or maple syrup, and one quart of water. Blend until smooth and strain. Drink 1/2 to 1 cup at a time throughout the day.

Elderberry Syrup

(from Medicinal Herbs, A Beginner's Guide by Rosemary Gladstar)

2 quarts fresh elderberries

1/4 ounce freshly grated gingerroot

1/2 tsp. ground cloves

Honey

Combine elderberries with 1/4 cup of water, simmer until soft and strain out pulp. Add ginger and cloves and simmer uncovered, until the liquid reduces to about half its original volume. Add about that amount of honey. Syrup can be stored in refrigerator for 12 weeks or canned using the water bath method.

Eucalyptus, Thyme, and Lavender Salve

3 ounces lavender infused oil

3 ounces thyme infused oil

2 ounces jojoba oil

Eucalyptus essential oil

1 ounce beeswax

Heat infused oils, jojoba oil, and beeswax until wax melts. Add eucalyptus EO and pour in jars.