

Meals from Your Market

Herb Infused Medicinal Honey

Herbs that work well in infused honey include:

- Chamomile
- Lavender
- Rose
- Jasmine
- Orange flower
- Honeysuckle
- Lovage
- Osha
- Bee Balm (any Monarda)
- Vervain, Mint
- Sage
- Thyme
- Elderflower

Gather herbs, flowers then add them to a jar. Then cover with honey and let infuse for at least a few weeks, taking the time to occasionally turn the jar upside down to stir up the plant material. One can use fresh plant material in season, supermarket herbs and dry herbs (though will be less aromatic).

During the infusing process, because of its anti-microbial and preservative qualities, raw honey with the herbs will not rot in those several weeks of infusing—especially if stored in a cool, dark place.

Continued on back.



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Meals from Your Marke



Uses of infused honey: Infused honeys can be added to herbal teas or hot water with lemon to help support the body's immune responses to illness and can also be eaten regularly as added immune support benefit (NOTE: eating honey is not a replacement for foundational immune strengthening — diet, exercise, stress reduction and sleep are core elements to staying healthy).

Infused honeys can also be bases for making herbal elixirs — I use mine to make my delicious Elderberry Elixir. It adds not only the medicinal power of the plants & honey, but a nice flavor profile to this important apothecary staple.

Additionally, both plain and infused raw honey can be used topically in wound and burn healing, It's antimicrobial and antibacterial properties can support the skin & membrane's healing processes . It can also be used topically in instances of MRSA.

*From Lisa Rose Starner,
Herbalist and author of Grand Rapids Food: A Culinary Revolution*

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