**RECIPES**

Fresh Preserved Horseradish

½ cup peeled, finely grated horseradish

½ tsp. salt

3 – 4 Tbsp. white wine vinegar

Combine and store in a small jar. Cover with a bit more vinegar if necessary. Will keep several weeks refrigerated. To make horseradish sauce, squeeze out as much vinegar as possible and combine with sour cream.

Lemony cold and flu tea

1 Tbsp chopped lemon peel

Pinch each sage and thyme

1 cup water

Steep 15 min then add juice of ½ lemon and dab of honey.

Cinnamon-ginger tea for menstrual cramps

1 tsp. cinnamon chips

1 tsp. fresh grated or dried c/s ginger

Honey, as desired

1 cup water

Heat water, our over herbs, cover and let steep 45 min. sip slowly until cramps subside.

Four thieves vinegar

4 cloves garlic

½ cup rosemary

½ cup sage

¼ cup thyme

¼ cup oregano

3 whole cloves

1 slice lemon

White wine or apple cider vinegar to cover

Warm vinegar and pour over herbs. Let sit 3 to 4 weeks, strain. Store in cool, dark place.

Fire Cider

1 onion

12-15 cloves garlic

1-2 chili peppers (remove some or all of the seeds for less burn) or 1-2 tsp. dried powder

¼ cup grated horseradish

½ cup grated ginger

2 shiitake mushrooms, fresh or dried

1 slice reishi mushroom

3 slices astragalus root

2-3 sage leaves

2-3 springs thyme (or 2 tsp. Dried)

apple cider vinegar, enough to cover

1-quart glass jar

plastic lid or waxed paper

honey

Other possible additions: rosemary, turmeric, black pepper, lemon, jalapeno, rose hips, oregano

Roughly chop the onion, garlic, chili peppers, and sage. Put everything except the vinegar into a quart jar; it should be nearly full. Shake the vinegar well to stir up the mother and pour it into a saucepan, then gently heat until it just begins to steam. Pour it into your jar almost to the top, or until the other ingredients are covered by an inch or so. Cap tightly with a plastic lid, or if using a metal lid, put a sheet of waxed paper over the mouth of the jar first, and shake well. Let sit in a warm place for two to four weeks, shaking every day or two, then strain into a clean bottle. Add honey to taste (I use about 2 Tbsp.) and shake again. Take a tablespoon or so a day – straight up, mixed into water, blended into salad dressings, or however you like – through the winter months. If you start to come down with something, you can take a tablespoon every hour or two until you feel better. This will keep at room temperature for about six months, or in the refrigerator for at least a year.

Garlic ear oil

1-2 cloves garlic, peeled and sliced

2 Tbsp. olive oil

Warm together over low heat in a double boiler for 20 minutes or until strongly scented. Strain very thoroughly. Store in dropper bottle somewhere cool and dark for a few weeks, or in the fridge for a few months. Warm before using. Dose: 1 dropperful in each ear every 30 minutes until pain subsides, or swab the ear (not too far in!) with it using a Q-tip.

Paul Bergner's Garlic cocktail

3 cloves garlic

1 Tbsp. red wine

1 Tbsp vinegar

1 Tbsp. olive oil

Put everything in a blender and blend into a slurry. Add ¼ cup hot water and let stand for 3 hours. Add 1/3 of this to a cup of water and drink. Repeat every 3-6 hours.

Ginger poultice for menstrual cramps

½ fresh grated ginger or 4-6 Tbsp. powdered ginger

Enough boiling water to make a paste

Soak a cloth with boiling water, then spread the ginger paste onto it, folding the cloth over. Let cool just enough not to burn. Apply directly over the lower abdomen and cover with a hot water bottle and towel. Leave in place 20 minutes or until cramps subside. Best accompanied by ginger-lemon-honey tea.

Bone Broth

1 whole chicken (organic, free range or amish, but \*not\* factory farmed)  
4 quarts water   
3-4 large carrots   
4 stalks celery   
7-10 cloves garlic (depending on size)  
1 onion  
4-5 fresh or dried shiitake mushrooms  
1-2 tablespoons vinegar (or fire cider!)  
½-1 pint canned/crushed tomatoes  
1 tbsp olive oil  
1 teaspoon sea salt   
1-2 tsp. thyme, added at the end of cooking

If using dried mushrooms, put them in a bowl with a cup or two of boiling water to soften. Disassemble the chicken, breaking open the bones if you can, and chop up the vegetables. In a stockpot, sauté the onions, garlic and mushrooms in the olive oil just until nicely browned (not necessary, but tasty). Throw everything else in the pot and heat until almost boiling, but not quite. Lower the heat, skim off any scum, and simmer over very low heat – try to avoid breaking a boil – for several hours to a day. You can also use a slow-cooker for this. Keep the lid at least mostly on to avoid losing too much water. When finished, strain to use in soups, to cook rice or other grains, or simply to sip when under the weather. This can also be made with beef bones (in which case I recommend adding some sage).

Sore Throat Gargle

1 cup triple-strength sage tea

3/4 cup apple cider vinegar

2 tsp. Salt

pinch of cayenne

Combine all ingredients and stir until salt dissolves. Gargle every 30 – 60 minutes or as often as practical throughout the day.

Thyme Syrup

1/2 ounce dried thyme or a handful of fresh sprigs

2 cups water

1 cup honey (onion-infused honey is especially nice)

Put the thyme and water in a small pot and partially cover with the lid. Bring to a boil, then lower heat and let simmer until the liquid is reduced by half (45 minutes or so). Let cool slightly, then strain out the thyme and measure the resulting tea – it should be about 1 cup.

Add an equal amount of honey and stir well. Take one teaspoon full every hour or two.