

# The Herbal Kitchen

Bring lasting health to you and your family  
with 50 easy-to-find common herbs and over 250 recipes

KAMI MCBRIDE

FOREWORD BY

ROSEMARY GLADSTAR



Conari Press

# Contents



Preface ... *page 13*  
Foreword ... *page 17*  
Introduction ... *page 10*

## **PART ONE: YOUR HERBAL KITCHEN**

**CHAPTER 1** Kitchen Medicine and Culinary Culture ... *page 15*

## **PART TWO: FIFTY HEALING HERBS AND SPICES**

**CHAPTER 2** Herbal Kitchen Materia Medica ... *page 29*

## **PART THREE: HERBAL RECIPES**

**CHAPTER 3** Herbal Waters ... *page 110*  
**CHAPTER 4** Herbal Drinks ... *page 113*  
**CHAPTER 5** Herbal Smoothies ... *page 128*  
**CHAPTER 6** Herbal Honey ... *page 138*  
**CHAPTER 7** Herbal Vinegar ... *page 152*  
**CHAPTER 8** Herbal Cordials ... *page 168*  
**CHAPTER 9** Herbal Oils ... *page 185*  
**CHAPTER 10** Herbal Ghee ... *page 197*  
**CHAPTER 11** Herbal Pesto ... *page 207*  
**CHAPTER 12** Herbal Sprinkles and Salts ... *page 218*  
**CHAPTER 13** Herbal Kitchen Meals ... *page 231*  
**CHAPTER 14** Herbal Baths and Foot Soaks ... *page 231*

Glossary ... *page 240*  
Sources ... *page 242*  
Bibliography ... *page 244*  
Index ... *page 245*

# Foreword



Herbalism and herb books have become quite the hot topic these past few years, and there are herb books on any subject one could imagine exploring the broad territory that herbalism embraces. Quite the change from only a few years back, when one would want books on herbs and herbal healing and find they were far and few between. Today, quite thankfully, my library shelves are heavily stacked with books on plant spirit medicine, wild crafting and identification, herbal healing and herb lore, the latest most popular herbs, using herbs with drugs and medication and contraindications, and herbal medicine as a clinical practice. You name it, big book or small, colorfully laid out or plainly printed, each herb book holds at least a few gems and often many about this intriguing field of study that I have been impassioned with for most of my life. But few touch my heart the way Kami McBride's *The Herbal Kitchen* does. It embraces all that I love most about this ancient healing tradition and reminds me of how necessary our relationship to plants is in our world today.

In *The Herbal Kitchen* sits the rich green heart of herbalism in all its abundance, simplicity, and practicality. Medicines are made, recipes exchanged, and wise adages passed along to the reader. One can almost smell the flowers, taste the cup of tea in hand, so homespun and real are the teachings that Kami shares. She artfully guides us through garden and field ripe with earth's abundance, then leads us back into the heart of the household, the earthy abode of the kitchen. There, amidst pots and pans, herb jars, and baskets overflowing with the lush harvest of fragrant plants, all that is best about the tradition of herbal healing comes forth,

*“Herbs and spices are a gift from nature. We are nature and the plants have an affinity with our bodies... they are our allies.”*

*(from The Herbal Kitchen)*

as Kami generously shares not only recipe and remedy, but wisdom passed down through time.

With the simplest of ingredients and always an eye for what is practical and doable, Kami guides us to create recipes for health and healing and weaves the magic and power of herbs back into our daily lives. Every recipe embraces that wise old adage, “food is our best medicine.” Within the limitless range

*“The culture of our kitchen environment is the space we create to nurture and care for ourselves and our families....”*

of the kitchen lies the pathway to wellness. As Kami makes obvious, “this is a book about reclaiming the art of using herbs in our daily food routines and developing a deeper understanding of our relationship between food and wellness.”

But this is far more than just a book of recipes and remedies. Kami embraces all that’s real and honest, traditional and practical, about the green world, and she generously, with spice and vigor, offers her warm insights for all of us to savor. It’s sweetly delicious, like the elderberry syrup, Rose Delight Honey, and Benedictine liqueur, (recipes she shares along with the stories that accompany them). One can feel the grandmothers with her, guiding her, whispering their ancient wisdom and infusing it into the very teachings that Kami shares so warmly with us. Perhaps that is one of the reasons I love this book so much; it offers a sweet antidote to the sometimes stale modernism of so many herb books written today. In Kami’s *The Herbal Kitchen* I am reminded of all that I love most about this ancient tradition of healing, how it’s been passed down through the ages, from grandmother to granddaughter, grandfather to grandson; how it embraces simplicity and humbleness, while being grand and noble at the same time. And how

*“I keep a watchful eye  
for what the earth has to  
offer, paying my respects by  
nourishing my body and  
soul with the harvest.  
(from *The Herbal Kitchen*)*

it offers us the best kind of medicine, the kind that feeds the heart as well as the body, reaching deeply into the sacred places of our souls to heal us from the inside out.

Read deeply; this is a book that will nourish heart and soul, body and spirit with the rich harvest of the green world. And yes, another book to add to my shelves of green literature. This one, however, goes on the top shelf, where I house most of my favorite tomes and the ones I use most often.

Rosemary Gladstar, herbalist and author  
From her mountain home in Vermont



PART TWO

# Fifty Healing Herbs and Spices





## CHAPTER 2

# Herbal Kitchen Materia Medica

“Materia medica” simply means the materials of medicine that you use in your household. The plants we settle with depend on from whom we’ve learned, where we live, and what is accessible. It is very important to have proper identification of any plant that you use. If you are not 100 percent sure about a plant, don’t pick it. Many plants are poisonous, and working with fresh herbs requires that you have complete accuracy. Many of the herbs discussed have stronger actions when used therapeutically in larger doses than suggested in this book. The recipes and suggestions in *The Herbal Kitchen* are primarily for culinary use. Sprinkle and dollop your way to good health!

Normally the word “herb” refers to the green leafy part of a plant that is often used fresh. Spices are normally categorized as the roots, seeds, bark, and berries that are dried and found in your spice cabinet. In the study of botanical medicine, all parts of a plant that are medicinal are lumped into a single category under the word “herbs.” So, if they have medicinal qualities, spices are also called herbs. “Herb” is a general term for all parts of plants that are used to heal. Throughout the book, the words “herb” and “spice” are used interchangeably.

In the following materia medica, many of the “projects” listed are discussed in later chapters. There aren't recipes for all the projects, though. The projects listed are simply suggestions for how you might want to use each herb. Any oil uses in this book are for infused herbal oils as described in chapter 9. This book does not cover the uses of essential oils.

---

**COMMON NAME:** allspice

**BOTANICAL NAME:** *Pimenta dioica*

**PART USED:** berry



**GARDENING TIPS:** Allspice grows in tropical climates and is widely cultivated in Jamaica.

**PROPERTIES:** anesthetic, antibacterial, antioxidant, antispasmodic, antiviral, carminative, circulatory stimulant, rubefacient

**USES:** It is time to expand the horizons of allspice use beyond the ingredient lists for pumpkin pie and mulled cider. Found in almost every cupboard, this warming and pungent spice is a vitamin supplement and medicine chest packed into a small berry. Allspice is high in vitamins and minerals including calcium, iron, and manganese. Allspice fights off colds and flu, calms

menstrual cramps, settles upset stomachs, and enhances the delivery of nutrients in the body.

Sprinkle a mixture of cinnamon and allspice on your toast or make allspice juniper berry oil and drizzle it on potatoes and baked root vegetables. Add a little powdered allspice to any flour mix for pancakes, muffins, cookies/biscuits, and bread or put a dash in your hot chocolate. I make a scrumptious wheat-free almond cake that has allspice and nutmeg in the almond flour. Allspice is also a staple spice in sauerkraut and pickled vegetables.

Allspice is a great digestive aid, helping to lighten the load and assisting in the breakdown of heavy foods. Just because you consume something doesn't mean it can be processed into healthy cells. Large food molecules have to be split into smaller, more soluble molecules in order to pass through the cell



membrane. This is no easy task. Herbs and spices are in your cupboard to assist your body in the daily digestion of other life-forms into your cells.

When you are satisfied with your allspice endeavors in the kitchen, wander into the bathroom and make an allspice foot bath for cold and achy feet. You'll soon give it the name all-purpose allspice when you experience the luxury of an allspice body scrub. Mix 2 tablespoons (5 g) powdered allspice with ½ cup (120 ml) olive oil and use it as a body scrub for sore joints and cold extremities. If you want to get even more creative with this little black berry, soak it in some witch hazel for a month, strain it out of the witch hazel, and then use the witch hazel as an aftershave. It has the perfect smell for a manly aftershave, and it tightens and tones the skin after shaving. A little bit of allspice goes a long way in spicing up your life.

**PROJECTS:** herbal waters, herbal drinks, herbal smoothies, herbal honey, herbal vinegar, herbal cordial, herbal oil, herbal ghee, herbal sprinkle, herbal bath and foot soak



**COMMON NAME:** astragalus

**BOTANICAL NAME:** *Astragalus membranaceus*

**PART USED:** root

**GARDENING TIPS:** Astragalus requires well-drained, sandy soil and lots of sun. It is a hardy plant that withstands frost and can survive with little water.

**PROPERTIES:** adaptogen, antibacterial, anti-inflammatory, antioxidant, antiviral, demulcent, tonic

**USES:** Astragalus has a very pleasant taste that blends well into soups and grain dishes. We add astragalus to just about

any grain, bean, or soup that is prepared during the fall and winter. Astragalus root that can be purchased in the store is precut into long, thin wedges that look like tongue depressors. Just throw two or three of these flattened sticks into any soup that you make. Add them at the beginning of the soup preparation and leave the sticks in the pot until the soup is finished. Don't serve them; let them continue to steep in the broth until the soup or stew is gone. When you cook grains such as rice, barley, or quinoa, throw a couple of astragalus sticks in with the grain and water and let the root steep during the cooking process. Remove the astragalus before serving the grains.

Autumn is a good time of year to eat and drink astragalus, as it builds the immune system in preparation for cold and flu season. Enjoy the mild taste of the tea or put it in soups and grains. Astragalus is antiviral and strengthens the body's resistance to sickness. Not only does astragalus inhibit viral growth, it also enhances the immune system on many different levels. It increases the activity of natural killer cells and the overall ability of the body to scavenge pathogenic bacteria. It can increase vitality during the recuperative phase after an illness. When your local school shuts its doors for the week due to a flu scare, herbs that provide extra support for the immune system become even more important. This amazing root also helps to strengthen the lungs and is a great tonic for people with a propensity for respiratory problems during the winter.

This valuable medicine increases resilience and stamina and invigorates the vital force. Astragalus is known to restore energy levels in healthy people. It has an enlivening and rejuvenating effect, counteracting the ravages of stress. This woody, sweet-tasting root is often used to revive immune function after chemotherapy. I love the gentle yet powerful nature of astragalus. It does so many things for us and is so easy to cook with. I hope you are inspired to try it!

**PROJECTS:** herbal drinks, herbal honey, herbal ghee, herbal sprinkle, herbal bath and foot soak



**COMMON NAME:** basil

**BOTANICAL NAME:** *Ocimum basilicum*

**PART USED:** leaf and flower

**GARDENING TIPS:** Basil likes full summer sun and average water. Pinching off the flower heads encourages larger leaf growth. Basil dies after the first frost but loves the full glory of summer. When the heat of summer peaks, you know it is time to fill the freezer with pesto.

**PROPERTIES:** antibacterial, antispasmodic, antiviral, carminative, nervine

**USES:** The warming, aromatic constituents of basil help to calm the nervous system; settle the stomach; clear the mind; and fight off coughs, colds, flu, and allergies. The magnitude of basil's

healing endeavors are reflected in the hundreds of therapeutic applications of this leafy green companion. Basil is known as the destroyer of phlegm. When you consider the number of ailments that are provoked by excess phlegm—from allergies to asthma to colds—you begin to understand the breadth of basil's virtue.

Basil is most commonly thought of as part of the tomato sauce or pasta dish, but a cup of basil tea works wonders for almost any digestive complaint. Basil tea relieves stomach cramps and spasms, nausea, gas, and constipation. That must be why it is a primary ingredient in pasta dishes: so you can eat more pasta! Basil doesn't qualify for the world's best-tasting tea, but it is not so bad, especially when you find out what it can do for your stomach. Add a little honey to your basil tea and the next time you eat a heavy pasta meal, drink a cup. You won't feel like just passing out after dinner, and instead you'll still be able to think straight and actually feel like socializing with the people you dined with.

Dry some of basil's bountiful summer harvest to use in winter sauces and dressings. I dry a lot of basil every year and add it to whatever gets cooked up in the slow cooker during the cold months. Another simple way to store your fresh basil is to put 1 cup (30 g) basil leaves and 1½ cups (360 ml) olive oil in the blender and blend it until you have a nice paste. Freeze this paste in containers and cook with it throughout the rest of the year.

Eating more basil in the late summer and early fall helps fend off sinus and bronchial congestion during the winter. If you suffer from any sickness that is exasperated by phlegm, eat more basil! For many people, certain foods such as dairy or wheat can cause more mucus. It is usually a good idea to eliminate foods from the diet that cause overt mucus production, but eating basil may help you reduce your reaction to them.

Basil is antibacterial and antiviral, making it a helpful remedy for the common cold and flu. If you are prone to bronchitis or chest colds, dry some of your basil, store it in a jar, and drink the tea several times a week as a preventive remedy. It warms the body, clears out the bugs, and sharpens the mind. In the middle of winter when you are feeling cold, dark, damp, and depressed, break out your stash of dried basil or frozen pesto and let it infuse your day with a little warmth and summer sunshine.

**PROJECTS:** herbal waters, herbal drinks, herbal smoothies, herbal honey, herbal vinegar, herbal cordial, herbal oil, herbal ghee, herbal pesto, herbal sprinkle, herbal bath and foot soak



**COMMON NAME:** bay leaf

**BOTANICAL NAME:** *Laurus nobilis*

**PART USED:** leaf

**GARDENING TIPS:** Bay laurel is a slow-growing tree that needs to be pruned into a shrub or it will grow into a very, very large tree. They can grow to be 50 feet (15 meters) tall,

so if you don't have enough space, keep them cut back. Even a small bay tree is a pleasure to have around. I love being able to pick fresh leaves throughout the year for my beans and sauces. Bay likes full sun and moderate winters. It can withstand some frost and likes occasional watering. If you live in a climate with more severe winters, grow the bay in a pot and bring it inside for the winter.

**PROPERTIES:** anthelmintic, antibacterial, antifungal, astringent, carminative, emmenagogue, expectorant, rubefacient

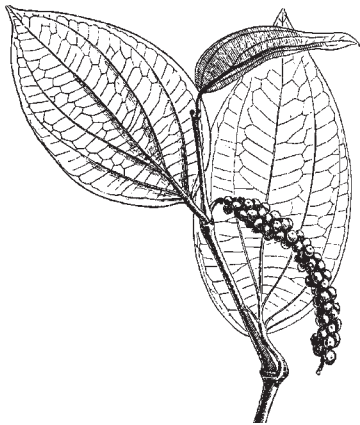
**USES:** Have you ever been at a potluck dinner and gone from wondering what was the secret ingredient in the soup to wondering what is making you feel so ill? Many years ago, I learned from my teacher, Vasant Lad, that it is exactly situations like these that you don't sit around and wait for the body to resolve. It takes too much energy to fight off food pathogens and digest poorly cooked foods. Get some help, and the sooner the better. When you first realize you have been gastronomically assaulted, break out the bay leaves. Drink a cup of bay leaf tea, take a short walk, then take a little rest so your body can focus on the task at hand. The pungent and warming bay leaf will activate your digestive capacity, relieve your gut distress, and help you actually absorb some nutrients from the meal.

Bay leaves are a great additive to beans, grains, soups, and sauces for invigorating digestion and supporting healthy elimination. Enhanced absorption improves your overall health. How well you absorb your nutrients dictates the quality of what you use to build your cells. You are only as healthy as what you digest. Even the healthiest of foods becomes toxic if you don't assimilate and eliminate properly. When we don't assimilate nutrients well, our vitality and passion for life begins to wane. Adding digestive herbs to food can literally make people feel happier and more enthusiastic about life.

Bay leaves have a long history of being used in European games and festivals. When I got married, bay leaves were the most prolific treasure in our garden, so we dried it, packaged them in bottles with an attractive label, and gave them away as wedding favors. I loved the idea of people being reminded of the beauty and joy of our ceremony as they opened the jar of bay leaves.

Before I even knew that herbal medicine existed, I had heard of the winners of ancient Greek games being crowned with a wreath of bay laurel leaves. Beaming with a lineage steeped in fame and glory, bay must be doing something victorious in my stew. No spaghetti sauce would be complete without bay leaf, and there are always a few floating around in my slow cooker stews. Put dried bay leaf into storage containers of flour and grains to repel insects. Make sure you add a bay leaf or two to the water when cooking grains and beans. They work wonders on the digestibility of beans. Be sure to remove the leaf before serving, as it is a possible choking hazard.

**PROJECTS:** herbal vinegar, herbal cordial, herbal oil, herbal ghee, herbal sprinkle, herbal bath and foot soak



**COMMON NAME:** black pepper

**BOTANICAL NAME:** *Piper nigrum*

**PART USED:** seed

**GARDENING TIPS:** Black pepper is the seed of a vine that is cultivated in tropical locations around the world.

**PROPERTIES:** anthelmintic, antibacterial, anti-inflammatory, antioxidant, aperient, carminative, circulatory stimulant, expectorant, rubefacient

**USES:** Of all the herbs that have traveled the globe to enliven our palate and improve our health, pepper is the herb that has been elevated to “every table in America” status. The omnipresence of this spice is astonishing; you find it conveniently packed and ready to use everywhere you turn: in airline meals, the fast-food drive-through, packaged lunches, fine dining establishments, outdoor concerts, hotel meeting rooms, cafeterias, gas stations, and truck stop diners. We have come to expect our provision of pepper to be replenished everywhere we go; it is one of our inherent

rights. Watch the chaos develop if a restaurant runs out of pepper for its customers during lunch hour!

This isn't the first time in history that pepper has captivated the masses. This little black seed has been used to pay taxes, wages, rent, bribes, dowries, and ransoms, and its value as a commodity has been the impetus for ocean voyages and wars. Why? Because pepper truly is an extraordinary spice. Pepper keeps people happy. It is the emperor of digestive aids. As one of nature's strongest digestive stimulants, pepper bolsters the healing process in a number of belly complaints: bloating, belching, burping, farting, constipation, distension, indigestion, nausea, stomachache, and stomach cramps. What does pepper do for you?

Pepper stimulates gastric juices that help with the digestion of rich foods. Blue cheese dressing? Add pepper. Cream-filled clam chowder? Add pepper. Rich hollandaise sauce or fish and chips with tartar sauce? Definitely add pepper. The standard American diet tends to be overloaded with an excess of poor-quality meat, denatured oil, sugar, unhealthful table salt, not to mention all the pesticides, chemicals, food preservatives, and dyes. Think of pepper as a first aid remedy for the average American diet.

Pepper's pungent and heating nature facilitates dispersal of nutrients throughout the body. It also dissolves mucus, drains chronic sinus congestion, and helps you to digest and absorb what you consume. There are lots of recipes throughout this book that include pepper, so it can infiltrate your food in a myriad of creative ways. Drink a mixture of ¼ teaspoon (½ g) powdered black pepper, 1 teaspoon (8 ml) of honey, and 1 cup (250 ml) hot water to get rid of a wet cough. Make a pepper-thyme honey to disperse lung mucus and assist poor circulation. Use pepper ghee to improve weak digestion, and put pepper in your culinary oils to enhance the assimilation of nutrients in meat dishes. You probably already use pepper; now you know more about why you do.

**PROJECTS:** herbal honey, herbal vinegar, herbal cordial, herbal oil, herbal ghee, herbal pesto, herbal sprinkle, herbal bath and foot soak



PART THREE

# Herbal Recipes







## CHAPTER 6

# Herbal Honey

Honey is another ingredient that everyone has in their cupboard. How do you use honey in your kitchen? In whatever way you eat or drink honey, you can enhance its medicinal qualities by adding herbs to it. Herbal honeys are easy to make and a great way to get herbs into your diet. In almost any capacity that you use honey, an herbal honey can be the substitute. Add herbal honey to your warm cereal, put it on breakfast toast and waffles, use it instead of jam, or bake it into a dessert. Your peanut butter and honey sandwich will never be the same. Use it as syrup and put it in marinades, salad dressings or sauces for main dishes and mix it into tea. We even put honey on our popcorn! Whether you use it in your breakfast foods or to sweeten your beverages, you are going to love the flavors that unfold when you fortify your honey with herbs.

## GETTING STARTED

---

### **SUPPLIES**

clean, sterilized jar  
double boiler

### **INGREDIENTS**

#### Honey

Making herbal honey is easy, and everyone loves the added surprise of herbs and dried fruit to spice things up a bit. The best honey to use is one that is local to where you live. Try to find a beekeeper in your area that sells honey, and purchase honey that is raw and has not been heated. Raw honey is full of healing enzymes that are destroyed in the heating process. Some of the honey available in stores is processed and heated, and many commercial honeys are not labeled with the information of whether they are cooked or not. When you buy honey from someone local, you can ask them about their processing methods and whether they heat the honey. Honey is antibacterial and antioxidant. Adding honey to food and drinks enhances the absorption of nutrients and helps to deliver the medicinal qualities of herbs deeper in to the body. Give thanks to the bees!

#### Dried fruit

The fruit for these recipes needs to be dried and chopped into small pieces. Dried peaches, apricots, figs, cherries, currants, pears, and raisins are my favorite dried fruits to add to honey. Dried fruit infuses an extra bounty of vitamins and flavor to your herbal honeys.

#### Powdered herbs

Herbs need to be dried and finely powdered before being mixed into honey. Many herbs can be powdered in your kitchen using a blender or coffee grinder. Some herbs are too fluffy or too woody and need to be powdered with commercial-grade equipment in order to break them down sufficiently. It is easy enough to purchase powdered herbs.

## MAKING HERBAL HONEY

---

### PROPORTIONS

¼ to ½ cup (4 to 48 g) of dried herbs to 1 cup (370 ml) of honey

½ to ¾ cup (93 to 139 g) of dried fruit to 1 cup (370 ml) of honey

For culinary uses, ¼ cup (4 to 24 g) of dried herbs is usually enough for 1 cup (370 ml) of honey. If you are making herbed honey for more therapeutic purposes or to add to medicinal teas, then you can experiment with adding up to ½ cup (metric) of dried herbs per one cup of honey. These proportions are a general guideline. As with all of the recipes, I encourage you to get a feel for what you are doing and then experiment to find out what you like best.

### METHOD #1: HONEY WITH POWDERED HERBS

Over the years, I have made many honeys where the herbs were just chopped or grated and not powdered. I found that the herbs really do need to be finely powdered for a pleasant honey-eating experience! When I first tried making herbal honey, I found a recipe that talked about straining the herbs from the honey. Ha. That was a good joke. It takes forever and is not something that you are inspired to do twice. If you really want the herbs removed from your honey, then don't powder them. Leave the herbs whole during the steeping process. If you warm the honey, then straining the herbs out is a little easier.

1 cup (370 ml) honey

¼ to ½ cup (24 to 48 g) powdered herbs

1. Put honey into a sterilized jar.
2. Put the jar into a double boiler over low heat.
3. Gently heat for fifteen minutes, or until it is warm. Do not boil or overheat the honey, just warm it up until the herbs can be easily mixed in.
4. Stir the herbs into the honey while it is still warm.
5. Remove jar of honey from double boiler and let cool.

6. Store the honey in a cabinet for two weeks before eating.
7. Occasionally stir the contents, mixing herbs thoroughly into the honey.
8. Just leave the herbs in the honey as you use it. There is no need to strain the herbs out at any point.

### **METHOD #2: HONEY WITH DRIED FRUIT**

If you are adding only fruit to the honey, there is no need to heat it. If you decide to add herbs as well, simply warm the honey and herbs as described in Method #1, remove from the heat, and proceed with step 1 below.

1 cup honey

½ to ¾ cup (93 to 139 g) dried, chopped fruit

1. Add dried, chopped fruit to the honey and mix well.
2. Let fruited honey steep for two weeks before eating.
3. Do not strain the fruit from the honey; eat it right along with the honey.

### **STORAGE**

Herbal honeys are very stable. We keep several herbal honeys in the pantry and a few can be found on the kitchen table, so they are conveniently added to breakfast. Because the honeys are made with all dried ingredients, they can easily last for one year outside of the refrigerator. Sometimes the herbs settle a little and the honey needs a good stirring.

## RECIPES

Following are some of my favorite herbal honey recipes, but be sure to look around and see what ingredients are local and seasonal and in abundance in your cupboard.

---

### APRICOT-LAVENDER HONEY

*One summer, I had a bumper crop of apricots and lavender flowers and decided to preserve them into honey. I made so much that there was enough to last through the winter, so it naturally ended up as a Christmas present for friends and family. It was a hit, everyone loved it, and I took care of everyone on my Christmas list in one afternoon!*

- 1 cup (370 ml) honey
- $\frac{3}{4}$  cup (139 g) finely chopped dried apricots
- 2 tablespoons (12 g) powdered lavender
- $\frac{1}{4}$  teaspoon ( $\frac{1}{2}$  g) powdered nutmeg

---

### BARBECUE HONEY GLAZE

*Spread this on chicken, pork chops, or skewered veggies. The herbs help to tenderize and add a delicious flavor.*

- 1 cup (370 ml) honey
- 2 tablespoons (12 g) powdered ginger
- 1 tablespoon (6 g) powdered rosemary
- 2 teaspoons (3 g) powdered thyme

---

### BODY GLOW HONEY

*Get wet, scrub this all over, and let it soak into your skin for about 15 minutes. Shower off and glow!*

- 1 cup (370 ml) honey
- 2 tablespoons (12 g) powdered lemon balm
- 2 tablespoons (12 g) powdered chamomile

- 1 tablespoon (6 g) powdered lavender
- 1 tablespoon (6 g) powdered mugwort
- 1 teaspoon (2 g) powdered rosemary



---

## CHAI HONEY

*Make a delicious cup of chai by adding 1 tablespoon (23 ml) of Chai Honey to ¾ cup (180 ml) water and ¼ cup (60 ml) raw milk or almond milk. Herbal chai is a champion afternoon pick-me-up and substitute for coffee. Chai Honey is a great traveling companion. Put your Chai Honey in a jar when you travel and just add it to hot water.*

- 2 cups (740 ml) honey
- 3 tablespoons (21 g) powdered cinnamon
- 2 tablespoons (12 g) powdered coriander
- 1½ teaspoons (3 g) powdered clove
- 1½ teaspoons (3 g) powdered cardamom
- 1 teaspoon (2 g) powdered ginger
- 1 teaspoon (2 g) powdered black pepper



---

## CINNAMON HONEY

*This honey turns toast into a yummy treat and livens up pancakes, waffles, and all warm breakfast cereals. If you are catching a cold, make a tea with just Cinnamon Honey, and it will help to send your cold on its way. To make the tea, put 1 tablespoon (23 ml) of Cinnamon Honey into 1 cup (250 ml) of hot water and let it cool a bit before drinking. Drink two or three servings a day at the onset of a cold.*

- 1 cup (370 ml) honey
- 3 tablespoons (21 g) powdered cinnamon
- 1 teaspoon (1 g) powdered allspice



---

## CINNAMON-GINGER HONEY

*We keep this honey on our kitchen table and put it on morning quinoa. It also makes a delicious digestive tea or flavoring for pancake batter and muffins. Keep it on the table in the winter and use it to keep away colds. Spreading Cinnamon-Ginger Honey on your*

*morning toast can warm you up on a winter morning, reduce your susceptibility to a cold, and stimulate digestion.*

- 1 cup (370 ml) honey
- 2 tablespoons (14 g) powdered cinnamon
- 1 tablespoon (6 g) powdered ginger



---

## COUGH-EASE HONEY

*Make a tea with this honey for wet coughs with excess mucus.*

- 1 cup (370 ml) honey
- 2 tablespoons (6 g) powdered fennel seed
- 1 teaspoon (2 g) powdered star anise
- $\frac{3}{4}$  teaspoon (1½ g) powdered black pepper
- $\frac{1}{2}$  teaspoon (½ g) powdered ginger



---

## CURRIED HONEY

*If you like curry, this is an exemplary honey for cooking. Put 3 tablespoons on a chicken before baking, or mix it with baked vegetables. The results are unbelievably scrumptious.*

- 2 cups (740 ml) honey
- 2 tablespoons (12 g) powdered coriander
- 1 tablespoon (6 g) powdered cumin
- 1 tablespoon (6 g) powdered turmeric
- 2 teaspoons (6 g) powdered mustard seed
- 2 teaspoons (2 g) powdered fennel seed
- $\frac{1}{2}$  teaspoon (1 g) powdered cinnamon
- $\frac{1}{2}$  teaspoon (1 g) powdered ginger
- $\frac{1}{4}$  teaspoon (½ g) powdered clove



---

## DIGESTIVE AID SPICE HONEY

*For a wonderful tea to sip after a substantial meal, add 1 teaspoon (8 ml) of this honey to a cup of warm water and stir. If your lunch or dinner makes you sleepy, it is because your energy is going to your digestive tract to help you to process your food. Let your herbal honey*

*help you to digest: drink some of this tea, and you can avoid the afternoon slump that often accompanies a hearty meal.*

- 1 cup (370 ml) honey
- 2 tablespoons (12 g) powdered orange peel
- 1 tablespoon (6 g) powdered dandelion root
- 1 teaspoon (2 g) powdered ginger
- ½ teaspoon (1 g) powdered star anise
- ½ teaspoon (1 g) powdered clove



---

## FLEXIBILITY HONEY

*All of the herbs in this honey help to reduce inflammation and increase circulation throughout the body. Adding turmeric and ginger to your diet helps with arthritic complaints. You can also warm this honey up and scrub it on your feet. Leave it on for ten minutes and wash off with warm water. The honey foot rub will warm your body and increase circulation.*

- 2 cups (740 ml) honey
- 1 tablespoon (6 g) powdered turmeric
- 1 teaspoon (2 g) powdered ginger
- 1 teaspoon (2 g) powdered juniper berry
- ½ teaspoon (1 g) powdered cardamom



---

## FRUITED HONEY

*To create an all-purpose spread, blend this honey in a food processor with cream cheese.*

- 1½ cups (555 ml) honey
- 1 cup (185 g) finely chopped dried pears
- ¼ cup (47 g) chopped raisins
- 2 tablespoons (12 g) powdered orange peel
- 1 teaspoon (2 g) powdered rose hips
- ¼ teaspoon (½ g) powdered cardamom
- ½ teaspoon (½ g) powdered allspice
- ½ vanilla bean/pod, finely chopped





---

## GINGER HONEY

*I make this honey specifically for adding to lemonade. There are lots of lemon trees in our neighborhood. We juice the lemons, add Ginger Honey, and make a lemonade that can be served hot or cold.*

1 cup (370 ml) honey

¼ cup (24 g) powdered ginger



---

## GINGER-FIG HONEY

*Spread cream cheese or goat cheese on crackers and drizzle with this honey for the perfect party hors d'oeuvre.*

1 cup (370 ml) honey

1½ cups (278 g) finely chopped dried fig

¾ teaspoon (1½ g) powdered ginger

¼ teaspoon (½ g) powdered star anise

¼ teaspoon (½ g) nutmeg



---

## HAPPY TUMMY HONEY

*Make a cup of Happy Tummy Honey tea when you have an upset stomach. Add 1 teaspoon (8 ml) to 1 tablespoon (23 ml) of Happy Tummy Honey to 1 cup (250 ml) hot water and mix well.*

1 cup (370 ml) honey

2 tablespoons (12 g) powdered fennel seed

2 tablespoons (12 g) powdered coriander

1 teaspoon (1 g) powdered cumin



---

## HEART TONIC HONEY

*This honey is a cardiovascular tonic that lends itself well to morning foods. We also like to warm it up and add it to yogurt. Yum.*

1 cup (370 ml) honey

2 tablespoons (12 g) powdered hawthorn berry

1 tablespoon (6 g) powdered rose hips

1 teaspoon (2 g) powdered cinnamon

½ teaspoon (1 g) powdered ginger



---

## HONEY FACIAL MASK

*Honey is a gentle astringent and anti-inflammatory for facial tissue. It tightens up tired skin and reduces puffiness and redness. Apply a warm washcloth to your face for several minutes to soften the skin, then apply this Honey Facial Mask to the face and leave on for ten minutes. Rinse off with warm water. This honey is also a good disinfecting and healing application for superficial wounds.*

1 cup (370 ml) honey

¼ cup (24 g) powdered chamomile

¼ cup (24 g) powdered elder flower



---

## HONEY SPREAD

*Drizzle this honey over baked Brie or use it as a spread for cheese and crackers/savory biscuits.*

1 cup (370 ml) honey

1 cup (180 g) finely chopped crystallized ginger

1 cup (125 g) finely chopped cranberries

1 tablespoon (6 g) powdered orange peel

1 tablespoon (6 g) powdered rose hips



---

## LAVENDER-ORANGE HONEY

*This is an exquisite honey mixed into breakfast foods or added to marinades.*

1 cup (370 ml) honey

¾ cup (139 g) finely chopped dates

1 tablespoon (6 g) powdered lavender

1 tablespoon (6 g) powdered orange peel

1 teaspoon (2 g) powdered lemon verbena



---

## MORNING WARMTH HONEY

*This makes a wonderful tea when you have a hard time getting going in the morning. Put 1 teaspoon (8 ml) of Morning Warmth Honey into 1 cup (250 ml) of hot water. You can also use this honey to flavor and sweeten other warm morning drinks.*

- 1 cup (370 ml) honey
- 2 tablespoons (14 g) powdered cinnamon
- 2 teaspoons (4 g) powdered ginger
- 1 teaspoon (2 g) powdered fennel seed
- 1 teaspoon (2 g) powdered astragalus
- ¼ teaspoon (½ g) powdered cardamom



---

## POPCORN HONEY

*We are such “herbies” that we even add herbal mixtures to our popcorn!*

- 1 cup (370 ml) honey
- 2 teaspoons (4 g) powdered garlic
- ½ teaspoon (1 g) powdered ginger
- Dash of powdered cayenne



---

## POULTRY GLAZE HONEY

- 1 cup (370 ml) honey
- 2 tablespoons (12 g) powdered coriander
- 2 teaspoons (4 g) powdered paprika
- 1 teaspoon (2 g) powdered cumin
- 1 teaspoon (2 g) powdered turmeric
- 1 teaspoon (1 g) powdered thyme
- 1 teaspoon (2 g) powdered black pepper
- ½ teaspoon (1 g) powdered clove
- ½ teaspoon (1 g) powdered celery seed



---

## RESPIRATORY RELIEF HONEY

*Make up a batch of this honey in the fall to use all winter long. The minute your throat starts to feel scratchy, just suck on a small spoonful of Respiratory Relief Honey. It will soothe and disinfect your throat, prevent the sore throat from getting worse, and generally keep colds at bay.*

- 1½ cups (555 ml) honey
- 3 tablespoons (18 g) powdered fennel seed
- 2 teaspoons (4 g) powdered juniper berry
- 2 teaspoons (4 g) powdered ginger
- 1 teaspoon (2 g) powdered horseradish
- 1 teaspoon (2 g) powdered garlic



---

## ROSE DELIGHT HONEY

*This honey makes a delicious tea to help prevent colds and soothe sore throats. I use it in cakes instead of sugar, and my son eats it on his French toast and muffins. What you don't eat for breakfast can be applied as a facial mask to revive your skin and give you a glowing complexion.*

- 1 cup (370 ml) honey
- 3 tablespoons (18 g) powdered rose hips
- 2 tablespoons (12 g) powdered rose petals



---

## ROSEMARY HONEY

*This is a good honey to use in salad dressings or as a hair conditioner. Yes, a hair conditioner! If you want to have gorgeous, shining hair, simply get your hair wet and smother your head with honey. Leave the honey on for about one hour, rinse it off, then wash your hair as you normally would. Try it.*

- 1 cup (370 ml) honey
- ¼ cup (24 g) powdered rosemary



---

## SLEEPY TIME HONEY

*Make a tea with this honey to help clean out the day and pave the way for a good night's sleep.*

- 1 cup (370 ml) honey
- 2 tablespoons (12 g) powdered lavender
- 2 tablespoons (12 g) powdered chamomile
- 1 teaspoon (2 g) powdered lemon balm
- ½ teaspoon (1 g) powdered nutmeg



---

## SPICED HONEY

*This is a handy marinade honey to have around. It helps with digestion, calms the nerves, uplifts the spirit, and chases colds away.*

- 1 cup (370 ml) honey
- 2 tablespoons (12 g) powdered lavender
- 1 tablespoon (6 g) powdered rosemary
- 1 tablespoon (6 g) powdered fennel seed
- ½ teaspoon (1 g) powdered cinnamon
- ½ teaspoon (1 g) powdered nutmeg



---

## TAMARI HONEY MARINADE

*This is a staple ingredient in my refrigerator. It turns any stir-fry into an epicurean delight.*

- ¼ cup (60 ml) tamari
- ¼ cup (93 ml) Ginger Honey (page 146)
- 1 garlic clove, minced

Mix ingredients and let sit for a couple of hours before using. This sauce is good for about two weeks or more stored in the refrigerator.



---

## TURMERIC HONEY

*There is more turmeric in this honey than there are herbs in the other honey recipes. It isn't because it makes it taste better, that is for sure! This is a medicinal honey that is popular*

during allergy season. We use turmeric honey by the teaspoonful for allergy symptoms and to get rid of a runny nose. Turmeric honey can also be put on the skin for sprains, strains, and bruises.

1 cup (370 ml) honey

¾ cup (72 g) powdered turmeric



---

## WINTER COLDS HONEY

Many spaghetti and red sauces for lasagna, manicotti, and other Italian pasta dishes call for sugar in their recipes. Instead of sugar, you can add 1 to 2 tablespoons (23 to 45 ml) of this honey to your red pasta sauce. Use it in your sauces, marinades, soups, and salad dressings to help keep away winter colds.

1 cup (370 ml) honey

2 tablespoons (12 g) powdered garlic

2 tablespoons (12 g) powdered rosemary

1 tablespoon (4 g) powdered thyme

1 teaspoon (1 g) powdered sage

1 teaspoon (2 g) powdered oregano