

Boundary Way

Winter Health Recipes with herbalist Maria Billington

In this resource, Maria Billington shares the recipes and methods used or discussed during our Winter Health Workshop session for you to try and experiment at home with. She shares a word of caution and some top tips before we get started:

“If you are making herbal preparations for yourself or others make sure you are aware of any medical condition that could be impacted by the herbs – generally speaking most herbs used in these methods will be fairly safe to use for most people if used in moderation. Please use common sense or if you’re unsure ask your friendly local herbalist.”

Top Tips:

When soaking herbal materials in any kind of alcohol **ensure all the materials are submerged under the liquid** or they could oxidise and go mouldy ruining the whole concoction. Shaking every day can help too, but don’t worry if you occasionally forget. I find that Gu pudding glass dishes are just the right size to put in the top of kilner jars to weigh down floating materials or you could use glass marbles. Another trick is if your using something like rosemary and you’ve picked the leaves off the sticks, re-use the sticks the same length as the jar width and use a cross pattern to wedge across the jar and keep everything submerged.

Don’t forget to **label your creations**! If you’re having trouble getting old labels off jars try using vegetable oil as this can loosen many glues that are not budging with hot water soaks. Plenty of washing up liquid and hot water afterwards usually does the trick.



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The Basics

Using Vinegar instead of alcohol:

Vinegars are a great way of creating non-alcoholic herbal remedies as well as making delicious creations for salads and dressings. To make a herbal vinegar to be used in place of a tincture (alcohol extraction) we use the same method and dosage as you would with the tincture.

Making Tinctures - Basic home use recipe:

Note: Dose with vary from herb to herb.

- 25 g dried herb or 50g fresh herb to 600ml of liquid
- Chop the herbs up and add to a jar
- Cover with the liquid and give a good shake
- Label with date and contents and pop somewhere cool and dark
- Leave to steep for a few weeks – I like to leave mine for a full lunar month
- Shake daily or when you remember
- Strain through fine muslin and bottle
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Making Infused Oils:

The best way to capture the herbal elements into an oil is to slowly infuse them using a low heat and double boiler method.

- Chop your herb into small pieces and cover with oil with a tight lid place in a pan with water nearly to the top (or use a double boiler if you have one) simmer this gently for around 2 hours, cool, strain and bottle.

Note: Some more hardy herbs like barks and woody stems may require direct heat.



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The Basics

Making a Salve Using Infused Oils:

Any infused oil can be made into a salve with the addition of beeswax, Shea butter or cocoa butter (or any harder waxy type ingredients).

- To create a salve mix 5 parts oil to 1 part beeswax (and shea butter if adding).
- Melt the beeswax and shea butter in a double boiler first and mix the two warmed liquids together. At this point I like to whisk it as it cools.
- Pour into small jars and allow to cool, label and use as required.





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Recipe: Garlic Honey

Ingredients:

Two heads of garlic
450 g of runny honey

Method:

- Mince the garlic through a garlic press then crush in a mortar and pestle
- Add two table spoons of honey and pound until garlic is clear
- Add rest of honey, mix well
- Put in sterilised jar and label. Store in the Fridge.

Dose:

Half a teaspoon daily as a preventative in winter.

Half a teaspoon 3 times daily for mild colds and flu.

Half a teaspoon up to 6 times a day for more acute illness.

Apply directly to skin or add 1 teaspoon to 120 ml water for a skin wash.

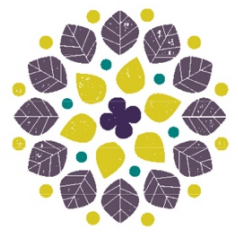
Add to lemon and water or diluted herb vinegar to make drinks.

Rub into the soles of children's feet (and add socks) for night time coughs and colds.

Benefits: Good for cold and flu symptoms and as a preventative during winter.

Garlic is antibiotic and Honey antiseptic





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Recipe: Skin Infection Treatment

Ingredients:

Ground turmeric

Runny honey (we always recommend using local honey)

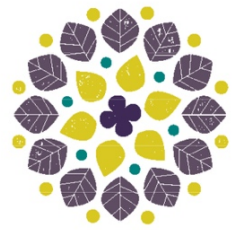
Method:

- Mix the two together to form a stiff paste
- Store in airtight jar or pot (a small amount goes a long, long way!)
- Label and keep somewhere cool

To use:

- Apply directly to the skin where there is sign of infection redness, sore where there is a cut or wound or there is pus.
- Cover with a plaster and leave for a couple of hours (ideally overnight).
- Remove plaster and rinse (turmeric may stain yellow on skin and clothing).
- Reapply as necessary

Seek medical help if signs of infection don't clear up quickly or symptoms worsen – we find this works really fast with our family and has saved many a trip to the doctors!



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Recipe: Fresh Onion Syrup

This recipe is quick to make, tasty and is perfect to fight off coughs and colds.

Ingredients:

1 small onion (any onion will do though children tend to prefer red onions as they are a little gentler)

Sugar of any kind (though we like to use brown sugar) – you can also use honey.

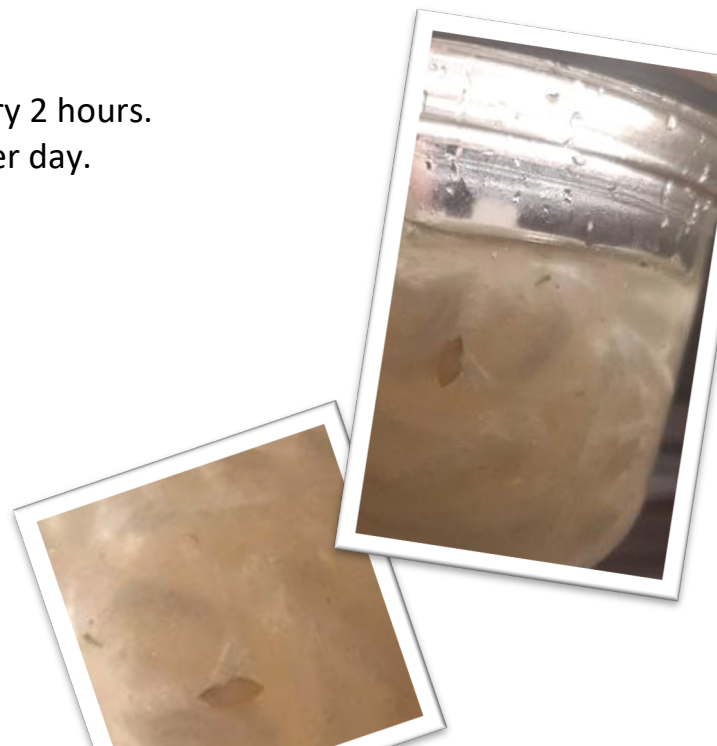
Method:

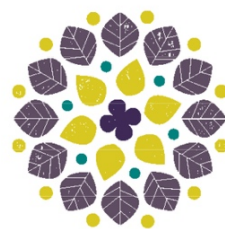
- Thinly slice the onion and place a layer in the bottom of a small kilner jar, cover with a layer of sugar – repeat till the jar is full.
- Within an hour you will see the sugar start to liquefy as it absorbs the juices from the onion.
- Leave overnight in a warm place.
- Strain through a sieve and discard the onion and any undissolved sugar.
- Bottle the syrup and label – keep in the fridge for up to a week.

Dosage:

Adult – Two teaspoons 3 times daily or every 2 hours.

Child - Half to one teaspoon 3 to 6 times per day.





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Mind Medicine

This tasty and aromatic medicine is something that can really help us through the dark Winter months, year on year – but particularly in 2020/21 with the difficult times we are all facing. This mind medicine is filled with three herbs that work synergistically to calm anxiety, promote mental alertness and clarity, help strengthen memory and lift depression – perfect for the winter season.

Ingredients:

25 g dried rosemary
25g cardamoms
25g fennel seeds
150 ml vodka
150 ml water



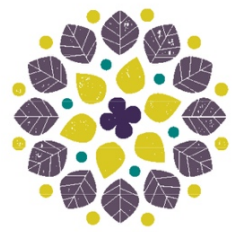
Method:

- Crush herbs well in a mortar and pestle
- Place in a jar and cover with the liquids and give a good shake
- Store in a cool and dark place for two weeks – shaking daily
- Strain through a fine muslin and bottle

Dosage:

2 or 3 teaspoons in a little water daily (or as needed).

Drop doses can also be used – up to 3 drops under the tongue used like a rescue remedy if feeling foggy brained.



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Skin Infection Treatment

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Runny honey (we always recommend using local honey)

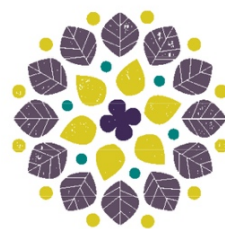
Method:

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Nons Hot Oil

This warming oil is anti-spasmodic for muscle aches, cramps, spasms and chilblains. It improves circulation, warms cold areas and cold joints and banishes chills from the bones. Cayenne is a hot stimulant that helps to regulate temperature throughout the body, regulating blood flow and strengthening the heart. Warms cold and relaxes tense muscles. Even a pinch in herbal teas will help carry the action of the herbs right through the body helping to deliver it where it needs reach.

Ingredients:

25g cayenne pepper
2 tablespoons mustard power
2 inches ginger root
2 teaspoons black pepper
300ml vegetable oil

Method:

- Make an infused oil in double boiler
- Simmer 2 hours
- Let cool
- strain through muslin and bottle

Dosage:

Directly on skin where needed – aching muscles and sore backs!

