



Fresh Goldenrod Oxymel

Fall is the perfect season to prepare oxymels in anticipation of the winter months and fresh Goldenrod is a great herb to consider because it is harvested in September when it is just starting to bloom. It supports symptoms of allergies, cold, and flu, so it's a good tool to have in your winter wellness arsenal. Goldenrod can be infused into an oxymel immediately without drying. Using the folk method makes measurements fairly general and super easy.

Ingredients

- fresh Goldenrod flowers and leaves
- Apple Cider Vinegar
- raw honey

Directions

- Fill a glass jar about halfway with fresh Goldenrod flowers and leaves. Avoid packing them tightly into the jar, just loosely lay them in the jar. If you prefer more space in your jar like I do, fill a larger jar (I used a quart-sized mason jar in these pictures) about one-quarter of the way full (approximately 1 cup of loosely-packed plant material).
- Add equal parts Apple Cider Vinegar and raw honey to the jar to completely cover the plant material. Leave a small bit of space at the top of the jar so you have room to stir and shake the oxymel. If you are using a larger jar, aim for a 1:1:1-ish ratio - approximately 1 cup loosely-packed plant material, 1 cup Apple Cider Vinegar, 1 cup raw honey. Although there are no hard and fast measurement rules with the folk method, that's generally what I try to shoot for.
- Stir the mixture, making sure to release any air bubbles.
- Cap the jar with a plastic top (avoid metal as it will react with the vinegar and honey) and label. Make sure to include the date!
- Shake the jar every few days. Do not open the jar!
- After 2-4 weeks, strain the oxymel using cheesecloth or a coffee filter.
- Store in a capped glass jar in the refrigerator for approximately 6 months.

To Use

- For maintenance: Take one tablespoon a day as a wellness tonic or to support allergy symptoms.
- For acute conditions: Take multiple times a day, up to three tablespoons daily.

