

Nourishing Infusions



Ingredients:

1 oz nourishing herb or 1 large handful
1 quart (4 cups) H₂O

Alternate Method:

4 heaping tbsp: 2 cups water

Directions: Place the herb in a quart-sized mason jar or other heat-bearing vessel (pan, teapot, etc). Then cover with 4 cups boiling water. Cover and let steep overnight or at least 4 hours minimum. Strain and for best results drink 2-4 cups a day. Keeps 2-3 days in the fridge. The nourishing herbs, are a loose, unofficial category of mineral and vitamin-rich herbs called nutritives, which give-up their properties easily in water.

Why make a nourishing infusion?

This preparation maximizes the extraction of minerals and vitamins from a given plant. They lend themselves extremely well to food as medicine practices. For example they be used as the liquid portion of smoothies, frozen into ice cube trays to add to water, lemonade, etc, can be made into herbal popsicles or even added to soups, grains and stews. They can also of course be enjoyed as-is!

The Nourishing Herbs and some of the vitamins and minerals they contain

- Nettle Lf_(*Urtica dioica*)- Vitamin A, vitamin D, vitamin C, vitamin K, calcium, phosphorous, potassium, iron, silicon, copper, sulphur, magnesium, manganese, nitrogen, chlorophyll, protein.
- Chickweed (*Stellaria media*)- calcium, potassium, iron, copper, beta carotene, magnesium, zinc, phosphorus, manganese, sodium, and vitamins C, B6, B12, and D
- Raspberry Lf_(*Rubus idaeus*)- Vitamin A, vitamin B1 (thiamine), vitamin E, calcium, phosphorous, magnesium
- Violet Lf (*Viola spp*)- Vitamin A, Vitamin C
- Oatstraw and Milky Oat Tops_(*Avena sativa*)
- Alfalfa Lf_(*Medicago sativa*)- Vitamin A, vitamin D, vitamin B6 ,vitamin C, vitamin E, vitamin K, calcium, phosphorous, magnesium, iron, manganese, copper, potassium, protein
- Burdock Rt_(*Arcticum lappa*)-Vitamin B Factor (Niacin), Vitamin C, Iron
- Dandelion Rt + Lvs_(*Taraxacum officinalis*)- Vitamin A, Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin C (lvs), Vitamin E, Calcium, Phosphorous, Potassium, Magnesium (lvs), Iron, Silicon
- Plantain Lf_(*Plantago lanceolata and P. major*)- Vitamin C, Calcium, Potassium, Sulphur
- Red Clover Blossoms_(*Trifolium pratense*)- Vitamin B Complex, Vitamin B1(Thiamine), Vitamin C, Calcium

