



TULSI OXYMEL Recipe

An Oxymel is an herbal infused vinegar with honey. Oxymels were traditionally used to aid in the treatment of common health ailments including respiratory issues, poor digestion, anxiety, and to help boost the immune system. The list goes on depending on which herbs you choose to use.

Tulsi, also known as Holy Basil, is the featured herb in this recipe. Tulsi is considered an adaptogen, which works to help your body respond to stress, anxiety, fatigue, and overall wellbeing. The other herbs have specific herbal actions as well and have been added for their medicinal support, and to add color and flavor. The health benefits of raw unfiltered vinegar and honey make this a powerhouse daily tonic. It may be consumed straight or mixed with water, sparkling water, or Sprite for a refreshing drink, or mixed with hot water for warm soothing drink. It is also GREAT mixed with spirits like gin, rum, bourbon, and brandy.

Tulsi Oxymel

2 oz dried Tulsi *Ocimum africanum*

.25 oz dried Thai Roselle Hibiscus *Hibiscus sabdariffa*

1 dried red chile or cayenne pepper *Capsicum annuum*

1 slice Astragalus *Astragalus membranaceus*

1 1/2 tsp Cassia cinnamon chips *Cinnamomum aromaticum*

1 1/2 tsp whole cloves *Syzygium aromaticum*

1/2 tsp dried ginger root *Zingiber officinale*

Raw unfiltered apple cider vinegar

1.5 lbs local honey

Place all the herbal ingredients in a 1-quart mason jar and top off with apple cider vinegar (Braggs or Kirkland brand is what I use). Shake daily for 4-6 weeks. Use a plastic lid.

Strain off herbal material and compost. Mix 16 oz of herbal infused vinegar with 1.5 lbs of honey. Shake to blend vinegar and honey. Bottle it for storage. You will likely have extra vinegar and you may mix it with more honey in a separate container or use it as a flavored vinegar. It makes a great vinaigrette or marinade. The Oxymel will keep in the refrigerator for several months. If it looks or smells off throw it away. When using dried herbal ingredients, it could keep for much longer, you be the judge on when it is time to toss it out.

More information about growing and using the herbs in this recipe may be found in the book. *Cultivating & Handcrafting Herbal Remedies* by Juliet Blankespoor, the founder of the Chestnut School of Herbal Medicine. Fisk Farm Herbs grows several of the herb varieties used in the recipe, you can grow them too, they do well in our climate. The dried herbs are available, in small quantities, at the Great Basin Apothecary, 1525 W. Williams Ave, Suite K in Fallon, Nevada. You may also find bulk herbs online at MountainRoseHerbs.com.

Fisk Farm Herbs is a mini-farm, just over one acre, located on the Carson River in Fallon, Nevada. Owners Stacy and Brad Fisk grow over 75 varieties of wellness and culinary herbs in a very compact space. Complementing the 1/2 acre herbary and nursery, is our 9-hive apiary, a cottage apothecary and a small market garden. We sell seedlings, roots, and rhizomes, fresh-cut and dried herbs, honey and apothecary products. We operate in a regional area encompassing the communities within 75 miles of Fallon, supporting a local food shed and medicine shed. For more information, please contact stacy@fiskfarmherbs.com 3700 Alcorn Rd, Fallon, NV 89406 775-741-4043