DIY Herbal Fellowship: **Apothecary Pursuit**

Let's Play!

Self Stable

Elderberry Syrup

Mix Elderberry syrup

with tincture

Make Elderberry

Syrup

Strain after 30 days

Place fire cider in clean

jar. Label.

Make Elderberry

Tincture

Order Elderberries

Choose Fire Cider

recipe and assemble

ingredients

Chop ingredients and place in Mason jar.

Cover with AVC

Grape Leaf Tincture

Tincture

Strain infused vodka

Put grape leaves in vodka

Pick Grape Leaves

Refill Your DIY Herbal

> Start Here

Chop lemon, ginger, turmeric and place in jar.

Cover with honey. Place fermentation cap.

Shake or stir daily

Refrigerate without straining

Fermented Honey Cough

Bottle Grape Leaf

Apothecary

for 14 days.

100

Score!!

80

60

40

25

10

Echinacea

Strain **Echinacea** tincture

Place Infuse for 30 echinacea in days

Pick echinacea Vodka leaves and flowers

> hibiscus, lemonbalm and elderberries

Gather Rosehips,

Make a tea blend from dried herbs

Package in a jar or in tea bags using 1 Tablespoon per serving

Rosehip

Fire Cider