



The Apothecary Pursuit Challenge

Who: You are invited

When: Starts September 20th

Goal: To replenish your cold and flu apothecary before the winter cold and flu season begins

How: With fun games and comradery

Where: In the **DIY Herbal Fellowship membership**

Supply List:

Assume that 1/2 pound of herbs will be plenty for most of the projects in the Apothecary Pursuit challenge. But you may want more if you anticipate needing more herbal remedies for your family for the season.

Herbs

Gather herbs from the garden or purchase herbs for these projects.

- Elderberries (*Sambucus nigra*; *S. canadensis*)
- Elderflowers
- Grape leaves (*Vitis vinifera*)
- Echinacea leaves, flowers, and roots (*Echinacea purpurea*)
- Rosehips (*Rosa canina*)
- Lemon balm (*Melissa officinalis*)
- Hibiscus (*Hibiscus sabdariffa*)

Food ingredients

You may already have these ingredients in your pantry. Use this list as guidance. You may need more if you plan to make larger amounts of the recipes in this challenge for your own family.

- 1 quart (1 litre) Honey
- 1 quart (1 litre) Apple Cider Vinegar
- 2 - 1 1/2 pint bottles (750 ml) Brandy, vodka, or alcohol of your choice
- 1 pound (500 grams) Ginger, raw
- 2 Onions
- 2 heads Garlic
- 5 inch piece Horseradish
- 4 Jalapeno peppers
- 6 organic lemons
- 1/4 pound (250 grams) turmeric root, raw