



Apothecary Pursuit Handbook

DIY Herbal
Fellowship

THE CHEAT CODES YOU NEED
TO LEVEL-UP YOUR
WINTER PREPS



Apothecary Pursuit Handbook

THE CHEAT CODES YOU NEED TO LEVEL-UP
YOUR WINTER PREPS

Chris J. Dalziel

JOYBILEE FARM MEDIA
Greenwood, British Columbia

Copyright © 2020 by Christine J. Dalziel.

All rights reserved. Permission is granted to make a single personal use copy of this work. Other than that, no part of this publication may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Coordinator," at the address below.

Christine J. Dalziel / Joybilee Farm Media
Box 667
Greenwood, BC, V0H 1J0
JoybileeFarm.com

Note to Reader: This book is offered for informational purposes only and should not be construed as medical advice. The recipes and techniques offered here are meant to supplement and not take the place of professional advice. For medical problems always seek the help of a qualified health professional.

Ordering Information:

Quantity sales. Special discounts are available on quantity purchases by corporations, associations, and others. For details, contact the "Special Sales Department" at the address above.

Apothecary Pursuit Handbook: The Cheat Codes You Need to Level-Up Your Winter Preps

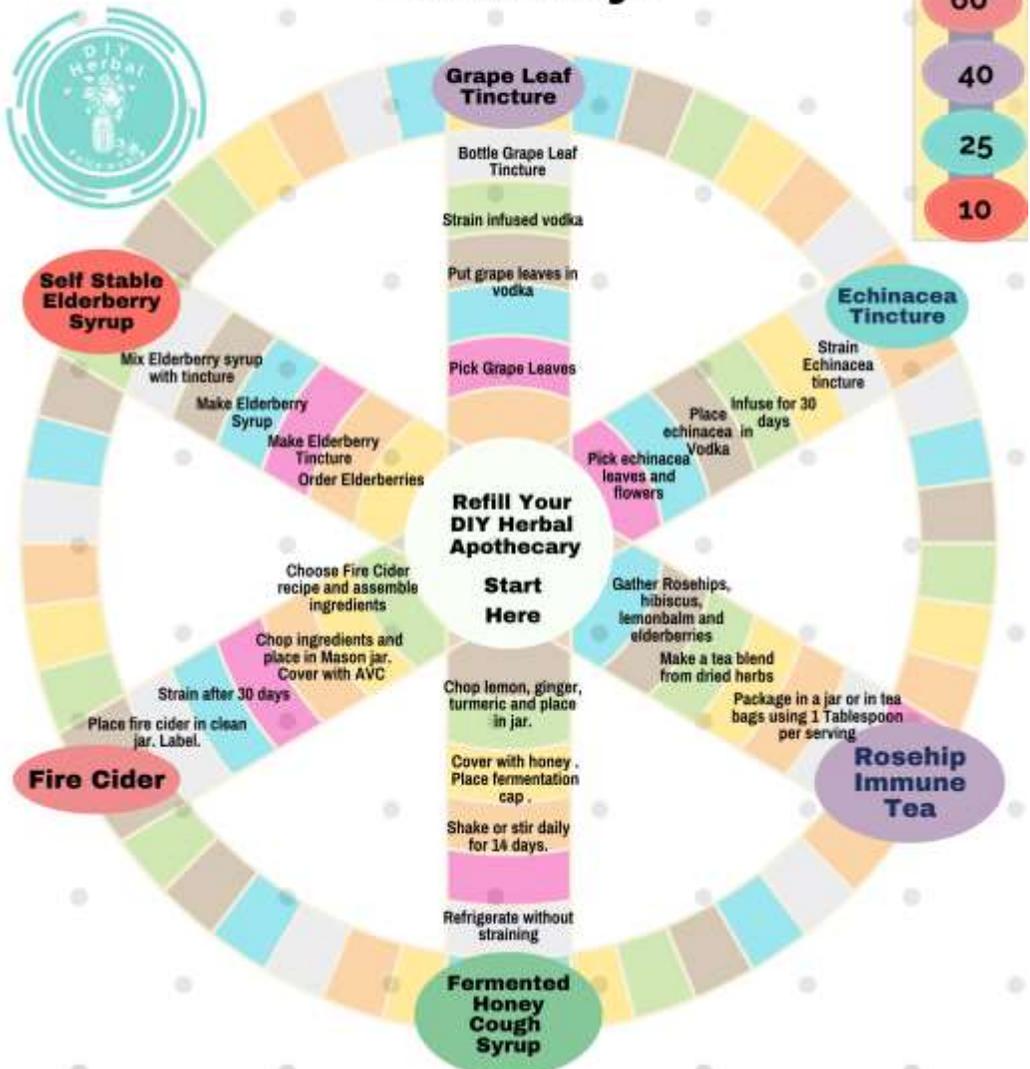
Christine J. Dalziel. —1st ed.

Contents

Introduction:	6
Supply List.....	7
Suggested Schedule:	8
Recipes:	10
Echinacea Tincture	11
Grape Leaf Tincture.....	13
Shelf Stable Elderberry Syrup.....	14
Fire Cider 1	16
Fire Cider 2	18
Fire Cider 3	21
Fermented Honey Cough Syrup	23
Rose Hip Immune Tea	25
Celebration	26

DIY Herbal Fellowship: Apothecary Pursuit

Let's Play!



Introduction:

Welcome to the Apothecary Pursuit challenge. The goal of this challenge is to help you restock your herbal apothecary with useful herbal preparations before winter cold and flu season.

The challenge takes place over a five week period. So you'll have time to order your supplies, and macerate your tinctures, before the final point calculation. Points are calculated on an exponential basis, based on how many recipes you successfully complete.

How to get points

Recipe completion is defined as completely finished, fully macerated, and strained herbal preparation that is bottled, labeled, and ready to be grabbed when it's needed most.

Points are calculated based on the number of recipes completed. There are six recip on the game board and six possible point tallies. If you make just one recipe you'll get 10 points, the lowest number on the point tally. If you get two recipes completed, you'll get 25 points. To get the maximum number of points you'll need to complete 6 recipes and you'll score 100 points.

Remember to share images of your completed herbal preparations, along with your completed game boards, in the Facebook group, or on a photo sharing site, sharing the link in the DIY Herbal Fellowship. This reinforces your learning and encourages everyone to keep going.

Supply List

Assume that 1/2 pound (450 grams) 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
- 4 to 6 inch piece Horseradish
- 4 Jalapeno peppers
- 6 organic lemons
- 1/4 pound (250 grams) turmeric root, raw

Suggested Schedule:

Week 1:

- Order supplies or harvest herbs from your garden.
- Prepare Elderberry tincture for the Shelf Stable Elderberry Syrup
- Prepare the Echinacea tincture
- Prepare the Grape Leaf tincture
- Prepare Fire cider using the recipe of your choice
- Shake jars daily, or as often as you remember
- Participate in the Zoom Call with Chris

Week 2:

- Shake jars daily, or as often as you remember
- Prepare fermented honey
- Prepare Rosehip Tea -- Package – Completed
- Post photo of completed projects along with gameboard
- Participate in the Zoom Call with Chris
- Celebrate your wins this week.

Week 3:

- Catch up week – if you started late it's not to late to catch up
- Shake jars daily, or as often as you remember
- Strain fermented honey, package – completed
- Post photo of completed projects along with gameboard
- Participate in the Zoom Call with Chris
- Celebrate your wins this week.

Week 4:

- Shake jars daily, or as often as you remember
- Strain elderberry tincture
- Make Elderberry syrup

- Completed Elderberry syrup
- Strain grape leaf tincture, package, completed
- Strain echinacea tincture, package, completed
- Strain Fire Cider, package, completed.
- Participate in the Zoom Call with Chris
- Post photo of completed projects along with gameboard

Week 5:

Grand Finale!

- Participate in the **Celebration Party** with Chris
- Send an email to Chris with a photo of your completed game board and your finished apothecary projects.
- Celebrate your wins this week.

Recipes:

Here are the recipes listed in the Apothecary Pursuit game board. Many require a maceration/fermentation time of up to a month. Make sure to start tinctures early in the challenge, so you have time to strain, bottle, and label them before the end.

Recipes are roughly arranged by time-frame, the two final recipes have the shortest wait and are therefore at the end of the list. The first three require full 30 day maceration times, sometimes plus additional preparation.

Read through the recipes, and check your supply list before you begin, to have the best chance of completing all recipes and getting the highest possible score in the challenge.



Tip: Start tinctures early in the challenge, so you have time to strain, bottle, and label them before the Apothecary Pursuit game is done.

Echinacea Tincture

Echinacea is a useful herb to stimulate the immune response and bring the body from a state of sickness to health. Echinacea works best when taken with a catalyst like ginger, yarrow, or peppermint.

Yield: 16 ounces

Ingredients:

- 2 cups of dried Echinacea flowers, leaves, or roots, chopped well
- 2 inch piece of ginger, sliced thinly
- 3 cups of vodka (40% or higher) or your preferred alcohol

Directions:

1. Place the Echinacea and ginger in a wide mouth canning jar.
2. Pour the vodka over the plant material so it is fully covered.
3. Cap the jar tightly.
4. Label and date the jar. Dried plant material will expand as it absorbs moisture.
5. Check frequently over the next few days and add more alcohol as necessary to keep the roots covered.
6. Shake the jar once a day, or as often as you think about it to distribute the alcohol in the herbs.
7. After 30 days strain the herbs through a fine mesh sieve and press the herbs through a potato ricer or herb press to get as much of the alcohol out of the herbs as possible.
8. Suggested dose: 1 dropperful every 2 hours at the first sign of illness. Child dose is ½ of adult dose.

Pour the herbs into colored medicine bottles. Label and date the container. Echinacea tincture will last many years.

Actions: Alterative, anodyne, antibacterial, anti-fungal, anti-inflammatory (mild), antioxidant, antiseptic, antiviral, astringent, carminative, depurative, diaphoretic, sialogogue, vulnerary

Precautions: Do not use while pregnant

Share a picture in the Facebook group of your completed tincture along with your ticked-off game board.

TIP: ECHINACEA SUPPORTS THE BODY'S PRODUCTION OF HYALURONIC ACID, THE MORTAR THAT KEEPS YOUR CELLS TOGETHER. THIS MAKES IT A USEFUL REMEDY FOR VENOMOUS BITES LIKE SPIDER AND SNAKE BITES.



Grape Leaf Tincture

Grape leaves are high in beta glucans, which are naturally occurring polysaccharides, as well as resveratrol, an antioxidant which modulates cytokines in the immune response. This tincture is useful when it seems that the flu is getting the upper hand and the other herbs you've been taking are no long helping.

Yield: 16 ounces

Ingredients:

- 2-3 cups of dried or wilted grape leaves, chopped well
- 3 cups of vodka (40% or higher)

Directions:

9. Place the grape leaves in a wide mouth canning jar.
10. Pour the vodka over the roots so they are fully covered.
11. Cap the jar tightly.
12. Label and date the jar. If dried, the leaves will expand as they absorb moisture.
13. Check frequently over the next few days and add more vodka as necessary to keep the leaves covered.
14. Shake the jar once a day, or as often as you think about it to distribute the alcohol in the herbs.
15. After 6 weeks strain the herbs through a fine mesh sieve and press the herbs through a potato ricer to get as much of the alcohol out of the herbs as possible.

Pour the herbs into colored medicine bottles. Label and date the container. Grape leaf tincture will last many years.

Suggested Adult Dose: 1 dropper full every 2 hours.

Actions: Anti-inflammatory, Nutritive, Antihemorrhagic, supports healthy immune response

Precautions:

Do not use while pregnant or nursing

Share a picture in the Facebook group when your tincture is completed!

Shelf Stable Elderberry Syrup

Elderberries are proven in human studies, to stop viruses from replicating in the body, lessening the duration of a cold or flu and mitigating the discomfort.

Yield: 2 cups (500 ml)

Part 1 Ingredients:

- ½ cup dried elderberry or 1 cup fresh elderberries
- 1 ½ cups brandy

Part 2 Ingredients:

- ½ cup dried elderberries or 1 cup fresh elderberries
- 2 inch piece of ginger, sliced (optional)
- 4 inch cinnamon stick (optional)
- 1 tablespoon cloves (optional)
- 3 cups water
- 1 cup honey

Part One: Directions

1. Place elderberries and brandy together in a pint jar. Cover with a lid. Shake well. Set aside. Shake daily for 2 weeks. After 2 weeks, strain, reserving liquid

Part Two Directions:

1. Put elderberries, ginger, and water into a saucepan. Simmer over medium heat for 15 minutes, with the lid off.
2. Remove from heat. Cool slightly.
3. Strain out elderberries. Return the liquid to the pan.
4. Simmer until liquid is reduced by half. You should have 1 ½ cups of elderberry tea. Remove from heat.
5. Cool to just warm to the touch. Stir in honey and 1 ½ cups of elderberry tincture.
6. Pour your shelf stable elderberry syrup into sanitized pint jars or bottles. Cap tightly. Label and date.

7. Suggested dose: Take 1 teaspoon every 2 hours at the first sign of a cold or flu. Children $\frac{1}{2}$ of adult dose.

Actions: *Antiviral, Anti-Inflammatory, Diaphoretic, Diuretic.*

Share a picture in the Facebook group of your completed syrup along with your game board when your syrup is completed! If you aren't on Facebook, share to a photo sharing site and post the link in the comments inside the DIY Herbal Fellowship site.



Fire Cider 1

A flexible fire cider recipe to help build your immunity, and your herbal apothecary. Fire cider is warming and useful for increasing circulation and combatting aches and pains in the chill of winter.

Yield: 1 quart

Ingredients

- 2 lemons or limes, fresh, sliced including skin
- 2 heads of garlic, cloves peeled and minced
- 4-inch piece of ginger, peeled and grated
- 3 tablespoons grated, fresh horseradish
- 6 to 8 roots of turmeric, grated
- 2 large onions, peeled and finely cubed
- 4 hot peppers, sliced, including seeds
- ½ cup of rose hips, blossom end removed
- 1 quart of organic cider vinegar, with live mother
- 2 cup raw honey (added after 1 month)

Directions:

1. Prepare the ingredients, except honey, and place in a 2-quart mason jar.
2. Pour the cider vinegar over the ingredients in the jar.
3. Insert a knife into the jar to dislodge any air bubbles.
4. Top up with additional cider vinegar until all the ingredients are fully covered with vinegar and the vinegar comes to within an inch of the top of the jar.
5. Cap tightly and put the jar away in a cool cupboard, away from light and heat.
6. As you think about it shake the jar contents, at least several times a week.
7. After a month, strain the fire cider, reserving the liquid. The solid ingredients should be pressed with a potato ricer to

extract as much of the liquid as possible. Use the vegetable mixture in cooking or add it to your compost pile.

8. The liquid is your “Fire Cider.” As it stands now it is an infused vinegar. The next step will turn it into an “oxymel” that is useful for respiratory ailments, colds, and flu.
9. You should have 1 quart of infused vinegar. If you don’t have a full quart, top up the liquid with additional cider vinegar. Stir in 2 cups of honey. Continue stirring until the honey is fully dissolved. Pour into sanitized mason jars, then cap and label them with the date and ingredients. Place a piece of parchment paper under the lid to prevent the caps from rusting.
10. Store in a cool, dry place. The mixture should keep for 6 months to a year. Renew your supply each fall.
11. Serving size: 1 teaspoon, freely.

Share a picture in the Facebook group when your cider is completed! Include your completed game board in your picture. If you aren’t in the Facebook group, share your photo to a photo sharing site and share the link in the comments inside the DIY Herbal Fellowship site.



BENEFITS OF FIRE CIDER:

ANTI-INFLAMMATORY

ANTI-BACTERIAL

ANTI-FUNGAL

PROBIOTIC

NUTRITIVE

DIGESTIVE



Fire Cider 2

Fire Cider is a traditional recipe with many variations. If you don't have some of the ingredients on hand, simply increase other ingredients to make up for the lack. This recipe adds astragalus root for the additional immune boost it offer.

Yield: 1 quart

Ingredients:

- 3 large heads of organic garlic, peeled and coarsely chopped
- 2 medium organic onions, peeled and coarsely chopped
- 1 4-inch piece of organic horseradish, coarsely grated
- 1 4-inch piece of organic ginger, coarsely grated
- 1/2 teaspoon organic cayenne spice
- 2 tablespoons organic turmeric powder
- 2 tablespoons organic astragalus
- 3 cup of raw organic apple cider vinegar
- 1 cup of local raw honey (optional)

Directions:

1. Prepare all ingredients by cleaning and chopping.
2. Layer these in a 1-quart mason jar.
3. Fill the jar with vinegar until the ingredients are completely covered.
4. Use a chopstick to release any trapped air. Cover with more vinegar if necessary, so that all vegetables are completely covered with vinegar.
5. Let this mixture sit for 4 to 6 weeks, at room temperature. Shake daily or as often as you think of it.
6. After 4 to 6 weeks, strain the infused cider through cheesecloth, being careful to squeeze as much liquid as possible out of the vegetables. Reserve the liquid and feed the merk to your chickens or add it to the compost pile.
7. To the strained, infused vinegar, add 1 cup of raw honey or to taste. This recipe is just as effective if you leave the honey out but it is quite a bit spicier. For those who do not enjoy the spice, add honey to taste.
8. Serving size: 1 teaspoon, freely.

Note: 1 1/3 cups of honey equals 1 pound of honey.

Share a picture in the Facebook group when your cider is completed! Include your completed game board in your picture. If you aren't in the Facebook group, share your photo to a photo sharing site and share the link in the comments inside the DIY Herbal Fellowship site.



Fire Cider 3

This Fire Cider recipe is fruity and a little less spicy. It's a good introduction to Fire Cider for children or those who are new to folk remedies. Consider this Fire Cider recipe for gift giving, when your recipient is new to the homemade medicine scene.

Yield: 1 quart

Ingredients

- 2 lemons, sliced
- 4 inch piece of ginger, peeled and sliced
- 2 inch piece of turmeric, peeled and sliced
- 1 medium onion, peeled and diced
- 2 heads of garlic, peeled and minced
- 2 hot peppers, thinly sliced, including seeds
- ¼ cup rosehips, deseeded, dried
- ¼ cup hibiscus, dried
- 3 cups apple cider vinegar
- 1 ½ cups raw honey, liquid (optional)

Directions:

1. Prepare fruit, herbs, and spices. Place into 1 quart mason jar.
2. Cover with vinegar.
3. Cap tightly.
4. Shake the jar.
5. Top up with more vinegar, if necessary to ensure the herbs are fully covered.
6. Set aside on a plate in a warm spot. Shake daily.
7. After 3 or 4 weeks, strain out herbs. Use the herbs in cooking. Reserve the infused vinegar.
8. Optional: Make an oxymel by adding 1 to 1 ½ cups of honey to 3 cups of infused vinegar.
9. Serving size 1 teaspoon, freely.

Share a picture in the Facebook group when your cider is completed! Include your completed game board in your picture. If you aren't in the Facebook group, share your photo to a photo sharing site and share the link in the comments inside the DIY Herbal Fellowship site.



Fermented Honey Cough Syrup

Fermented honey is useful for a sore throat, hoarseness, and coughing. It soothes and calms the tickle. Take this by the teaspoon or add it to herbal tea.

Yield: 3 cups

Ingredients

- 1 pound lemons, organic
- 4 inch piece of ginger, peeled
- 4 inch piece of turmeric, washed and peeled
- 3 cups organic honey, liquid

Directions

1. Wash lemons, ginger, and turmeric. Slice lemons thinly, set aside. Peel ginger and turmeric with the side of a spoon. Slice ginger and turmeric thinly.
2. Layer lemon, ginger, and turmeric in a wide mouth quart Mason jar. Pour honey over the top. Use a knife to dislodge lemons and ensure that all is completely covered with honey. Cap tightly.
3. Place the jar on a plate to catch any overflow.
4. Place the jar in a warm spot where you will see it daily. Once a day, shake the jar. Burp the jar to allow any build up of fermentation gases to escape.
5. After 2 or 3 days the honey in the jar will become more viscous. This is an indication that the fermentation is on track. After a week, place the jar in the fridge to slow down the fermentation process.
6. After two weeks, strain the honey and bottle. The leftover herbs can be used in tea. No need to toss it out.
7. Serving size: 1 teaspoon, freely.

Share a picture in the Facebook group when your fermented honey is completed! Include your completed game board in your picture. If you

aren't in the Facebook group, share your photo to a photo sharing site and share the link in the comments inside the DIY Herbal Fellowship site.

Benefits of honey: Immune support, anti-fungal, anti-inflammatory, antimicrobial, antiviral.



Rose Hip Immune Tea

A simple, light flavored, tea to support the immune system.

Ingredients:

- 1 part rosehip
- 1 part lemon balm
- 1 part hibiscus
- 1/2 part dried elderberries, or elderberry flowers
- Honey to taste, once steeped

Directions:

1. Start by choosing your part size. You can do parts by weight, or by volume. A small measurement can be used as a test blend, to see if you like the tea's flavor before creating a larger batch.
2. Once you've determined your part size, by weight or volume, measure the parts out into a large, dry bowl. A bread bowl or glass mixing bowl works well.
3. Stir together until the tea mixture seems evenly blended.
4. Divide into sealable teabags using 1 tablespoon per serving. Or, store in a labelled and dated glass jar and use with a teaball or tea strainer.

To Use:

Steep 1 tablespoon of the tea in one cup of just-boiled water for 5 minutes. Steep covered to preserve volatile oils.

Add honey to taste, and enjoy.

Share a picture in the Facebook group when your tea mix is made and in its storage jar, or of your cup of tea steeping.

Celebration

Congratulations! Here's what you accomplished by completing the Apothecary Pursuit Challenge:

- You did it! You made a commitment to having an effective and safe apothecary on hand, and followed through!
- You've got a restocked herb cupboard with safe and effective cold and flu remedies!
- You made medicine in the margins and found the time!
- You added new ideas and inspiration to your herbal medicine making
- You had fun
- You earned _____ points.
- You participated in the Zoom calls to get your questions answered.
- You added an additional 10 hours of self study in your Herbal Education in the category of "Pharmacy, Pharmacognosy, and Dispensing" (*American Herbalist Guild, education guidelines*)

Great accomplishment!



ABOUT THE AUTHOR

Chris helps natural moms create a homegrown lifestyle so they can shift away from the corporate health paradigm and create health and wellness for their families naturally. She is a teacher, author, gardener, and herbalist with 35+ years' of growing herbs and formulating herbal remedies, skin care products, soaps, and candles.

Chris is the founder of the DIY Herbal Fellowship, the DIY Herb of the Month Club, the Joybilee Farm blog, and an instructor at Joybilee Academy. Chris believes in giving her readers a quick win because each quick win builds confidence and empowers intuition for self-reliance and natural health.

Chris is the author of the *The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence* (2015) and *Homegrown Healing, from Seed to Apothecary* (2016), and *The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More* (2017)

