



Master Recipes for Wildcrafters

DIY Herbal Fellowship



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Greenwood, British Columbia

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Introduction:

Wild foraging is a fun and engaging way to create variety with food, herbs, fruits, and berries. In part one of this masterclass, we covered identification of several easy to identify plant families. Make sure to positively identify all plants, greens, herbs, and fruits before consuming a wild harvest. If a wild plant is brand new to you, use at least 3 independent sources to verify the identify of a plant before harvest. Even experienced foragers make mistakes.

This workbook is designed to give you the master recipes for some useful, wild-crafted foods. Each recipe will have a wild greens, wild herbs, or wild fruits component, that allows you to vary ingredients based on seasonal availability. Use these master recipes as a jumping off point for your own creativity. Use your local wild abundance for more vibrant, healthy eating.

As you approach each recipe, choose appropriate herbs and wild foods from the charts below in the place of the category of wild food listed in the ingredients. For instance, if the recipe calls for “spring greens” or “greens” choose one or more ingredients from the table “Greens”.

Greens

Alfalfa	Chard	Kale	Plantain
Barley grass	Lettuce	Bok choi	Amaranth
Burdock (root)	Spinach	Nasturtium leaves	Day lily
Chickweed	Red clover	Pea shoots	Common Mallow
Burdock (young leaves)	Raspberry leaves	Good King Henry	Sorrel/sheep sorrel
Dandelion (root and greens)	Lambs quarters	Sea Kale	Egyptian onion
		Cattail	Walking onion
Stinging nettle	Orach	Carrot tops	Purslane
Dead nettle	Milky oat tops	Beet tops	Miner's Lettuce

Edible Flowers

Nasturtium	Mint	Daylily	Bee Balm
			Lavender
Rose	Radish	Squash	Elderflower
Pansy	Violet	Knautia	Oregano

Herbs

Sweet	Neutral/Medium	Spicy/Strong
Bee balm / Monarda	Strawberry/rasp- berry leaves (tea only)	Pine
		Yarrow
Lemon balm	Lovage	Chives
Spear mint	Marjoram	Garlic
Peppermint	Sweet cicily	Oregano
Lavender	Thyme	Garlic scapes
Rosemary	Basil	Green onions
Breadseed Poppy	Sage	walking onions
Fennel fronds	Celery leaves	Fir

Fruit

Strawberry	Raspberry	Elderberry
Blueberry	Huckleberry	Honeyberry/Haskap
Hawthorn	Wild apple	Chokecherry
Gooseberry	Thimbleberry	Blackberry
Pear	Apple	Peach
Currants	Service Berry/Saskatoon	Plum
Grapes	Brambleberry	Nectarine
Oregon grape	Bunch berry	Rose hips
Mulberries		Rhubarb



Savory

Savory recipes are great focuses for a meal, or parts of meals. This section starts with raw food preparations, that do not require heating or cooking. Many of these are useful for summer meals, or for preparing in advance for parties, gatherings, or potlucks. Many of the raw recipes may be prepared ahead of time, and allowed to stand to let the flavors meld.

The cooked food section is focused on condiments, and other ways to add wild foods to your table. Soup is a blessing in cold weather, or a good choice in summer when you want to avoid heating up the kitchen. The wild condiment recipes let you preserve the wild herb and green goodness for autumn and winter enjoyment. These are especially interesting for company meals where the guests may be new to wild eating.



Pesto

Pesto is a versatile condiment, and topping. It can add flavor to pasta, rice, bread and potatoes, or be used on its own as a side or dip. Try it as a topping for homemade pizza.

Yield: 3-4 cups prepared pesto

Ingredients:

- 1 large handful/bunch **herbs**
- ½ to ¾ cup of extra virgin olive oil
- 2 whole cloves of raw garlic
- 2 cups of toasted nuts
- 1 cup of grated hard cheese
- 5 to 7 cups **greens**
- ½ teaspoon Himalayan pink salt

Directions:

Put herbs in the food processor with ½ cup of virgin olive oil, and process for 30 seconds on low.

Add the toasted nuts and garlic cloves.

Process on low for 30 seconds.

Add greens 1 cup at a time, processing briefly after each cup.

Add cheese and continue processing on high for 1 minute.

Add additional olive oil or additional chopped greens until you get the paste consistency that you are looking for.

Taste and adjust with added salt if you like.

Compound Butter

Compound butter can be made according to your own tastes and specifications. Focus on sweet and mild tasting herbs, strong and definitive herbs, or even wild flowers for a lighter and more diverse flavor.

Yield: 1 cup prepared butter

Ingredients:

- 1 cup of butter, softened
- 1/2 cup of **herbs** or **edible flowers**, chopped finely.

Directions:

Lightly soften butter and place in a mixing bowl. Chop herbs or flowers. Add to butter in mixing bowl.

Mix together by hand, try not to let the butter soften too much. Shape into a log. Wrap in wax paper. Refrigerate.

Use as desired on bread, crackers, potatoes, pasta, vegetables, squash, or any place you would normally use regular butter.



Cheese Ball

Serve this at a potluck, a games night, or a family gathering. Make it when beebalm or other herbs are fresh in the garden.

Yield: 2 cups

- 8 oz cream cheese, softened
- ½ cup crumbled feta cheese OR soft goat cheese
- ½ cup sharp aged cheddar, finely grated.
- ¼ cup finely chopped fresh mild **herbs**
- 4 tablespoons finely chopped fresh sweet **herbs**
- 1 tablespoon finely chopped fresh rosemary leaves
- 1 teaspoon lemon zest
- Pepper to taste
- Petals from 10 sweet edible flowers

Directions:

In a medium bowl, lightly soften cream cheese and soft goat cheese (if using). When the cream cheese is soft enough to work, add the sharp cheddar (and feta if using), some ground black pepper, 1 tablespoon of the mild herb, 1 tablespoon of the sweet herb, and 1 teaspoon of the rosemary.

Blend cheese and herbs together until fluffy. Chill for 30 minutes, or until cheese can be handled.

Form cheese into a ball with wet hands.

Mix remaining herbs, lemon zest, and rosemary together. Roll the cheese ball in the herbs, and pack the herbs around the outside of the ball until it is encrusted with herbs.

Wrap cheese ball in cling wrap and refrigerate until needed. Just before serving top with flower petals. Serve with pita, bagel chips, pretzels, GF crackers, or your personal favorite cracker.

Mayonnaise

Homemade mayonnaise is surprisingly simple to make, and the addition of fresh herbs permits for a wide variety of flavor combinations. Drop the herbs if you want a traditional plain mayo, and add in herb infused olive oil according to taste preference for variety. Use as hollandaise sauce, or for an even tastier addition to sandwiches, cold chicken/fish salads, and more. Use lighter flavored oil instead of olive oil, if desired.

Yield: 1 cup

Ingredients:

- 1 egg yolk, reserve the egg white for another recipe
- 1 tablespoon lemon juice or cider vinegar
- $\frac{3}{4}$ cup olive oil, divided
- $\frac{1}{2}$ teaspoon Dijon mustard
- $\frac{1}{4}$ teaspoon Himalayan salt
- 1 tablespoon dried herbs or 2 tablespoon fresh herbs or to taste

Directions:

Take the egg yolk and the lemon juice and beat them together in a mixing bowl, or with a hand beater. While beating with the whisk, drizzle in the first $\frac{1}{4}$ cup of olive oil, 1 tablespoon at a time into the egg-lemon juice mixture.

Add the oil very slowly while you whisk, making sure that you whisk the oil in completely before adding additional oil.

Add the mustard and salt and continue beating. Once the mixture begins to thicken, slowly drizzle the final $\frac{1}{2}$ cup of oil into the centre of the mixture, beating to incorporated all the oil as you pour. Stir in herbs once the mayonnaise reaches the right consistency.

Stop the beaters and scrape the side of the bowl if necessary to incorporate all the oil, before drizzling more in.

Note: Use $\frac{1}{4}$ - $\frac{1}{2}$ cup herb infused olive oil, or add in **chopped fresh herbs** when the mayonnaise is just finished to add more flavor and variety.

Fresh mayonnaise should be used within 1 week of making. Use farm fresh eggs to avoid dangers of salmonella from the raw egg mayo.



Salad

Wild salads showcase the best qualities and flavors of wild greens. Many wild greens will go well with their garden counterparts, as well as blending well with each other.

Yield: 4 servings

Ingredients:

- 4-8 cups mixed **greens**
- ½ - 1 cup mixed mild **herbs**, chopped or diced
- ½ cup **edible flower** petals

Optional Ingredients:

- ¼ cup grated cheese, or crumbled feta
- ¼ cup nuts or seeds
- ¼ cup dried fruit
- ½ cup fresh **fruit**

Directions:

Combine all ingredients in large salad bowl.

Serve dressing on the side if desired, or top salad with a touch of vinegar or lemon juice, olive oil, and salt to let the natural flavors stand out.



Salsa

Salsa does not need to be made with tomatoes. It also doesn't need to be highly spicy. You can use other local fruits or berries to add sweetness, alongside the spiciness of hot peppers or the varied flavor of other herbs.

Yield: 1 pint

Ingredients:

- 2 cups diced tomatoes (or other semi-sweet **fruit**, avoid rhubarb)
- ½ diced red onion, OR ½ cup diced scallions or chives
- ½ cup diced **herbs** (cilantro and parsley are traditional)
- 1+ diced jalapeno pepper
- ½ cup diced sweet peppers
- Lime, juice and zest
- Salt/pepper to taste

Directions:

Mix all ingredients in a serving bowl.

Let stand 15-30 minutes before serving for flavors to meld.

Serve fresh.

If you find a variation you like, make a large batch. Pack into sterilized jars, and pressure can as for peppers.

Infused Vinegar

Infused vinegars are great for including in salad dressing, dipping bread, or for any other place where you'd use balsamic or apple cider vinegar.

Yield: 1 quart

Ingredients

- 1 ½ cups of mixed **herbs**
- 2 tablespoon sweet-tasting **herbs** or **fruit**
- 2 cloves of garlic, crushed
- 4 cups of white balsamic vinegar

Directions:

In a wide mouth mason jar, place herbs, garlic, and vinegar.

Stir to moisten the herbs. Cap tightly.

Put the jar in a warm cupboard, protected from light. Shake the jar once a day for 4 weeks.

Strain the herbs from the vinegar. Press them in a potato ricer to extract as much vinegar as possible.

Pour the vinegar into a colored glass bottle, with a twist lid.



Berry Infused Vinegar:

This is a sweeter variation of the above recipe. Also great for salad dressings, when combined with an infused or plain olive oil.

Yield: 1 quart

Ingredients

- 3 cups white balsamic vinegar
- 1 cup **fresh fruit** like raspberries, strawberries, blueberries, mulberries, or cherries
- 1 cup **herbs** like basil, mint, citrus zest, or scallions,

Directions:

Warm the vinegar in a pan on the stove, until it just begins to steam. Don't let it simmer or boil. Place the berries in a clean and sanitized wide-mouth mason jar. Use a muddler to tamp down the fruit to release a little juice. Chop the herbs finely, to release their aromatic essence. Add them to the jar. Pour the warmed vinegar over the herbs and fruit in the jar. Cap tightly.

Place it in a spot on the counter where you'll remember it. Shake the jar gently once a day.

Pasteurize the vinegar

After two weeks, strain the gourmet vinegar. Reserve the liquid. Set the fruit aside to use in another recipe. (The leftover fruit can be used as a marinade or fruit basting sauce for meat, poultry, or fish.)

Place the strained vinegar in a saucepan. Bring to a simmer and hold it there for 10 minutes. Don't let it boil. Turn off the heat. Allow it to cool slightly.

Clean and sanitize a glass bottle. Warm the bottle in the oven at 150°F while the vinegar is pasteurizing. You can use the glass bottle that the vinegar originally came in.

Pour the pasteurized vinegar into the warmed bottle, using a funnel. Cap with a cork or a screw cap. Once this is pasteurized, keep the

infused vinegar at room temperature. The high acid value of the vinegar means that botulism spores can't develop. This vinegar lasts indefinitely if kept at room temperature in a cool, dark place. If the vinegar is not pasteurized it should be kept refrigerated and used within 3 months.

Notes

You'll use a 1:1.5 ratio of fruit or fruit and herbs to vinegar. If you have only a handful of fruit, add more herbs to the recipe. If you have lots of fruit, skip the herbs.



Herbal Infused oil:

Make different flavors of infused olive oil to combine with your infused vinegars. Makes great gifts, and awesome salad dressing. You can also infuse flowers in olive oil for lighter flavors. Combine different types of herbs and flowers for more variety. If using fresh herbs, wilt them overnight to reduce water content. Excess water can spoil the oil.

Yield: 2 cups

Ingredients:

- 2 cups Organic Virgin Olive Oil
 - 1 cup of dried **herbs** of your choice
- OR
- 1 1/2 cups of fresh and wilted **herbs**

Directions:

Wash and sterilize infusion jar.

Put the herb of your choice into a dry glass jar that has a tight-fitting lid.

Pour oil over herbs. If you are using fresh herbs, bring the level of the oil right to the rim.

Use a knife to press down herbs and remove air pockets.

Cap the jar tightly.

Allow the herbs to macerate in a cool, dark place. If using fresh herbs, macerate in the fridge.

Tilt the jar daily to mix the herb and oil.

After 4 to 6 weeks, strain the herb from the oil. You can leave it up to 8 weeks if you wish.

Add a sprig or piece of dried herb to the strained jar to help mark what flavor oil it is. Label and date the storage container.

Hummus

One of my favorite spreads, hummus can be as plain or as spicy as you want it. Homemade hummus will keep a week or more in the fridge, and is great for a meatless meal, snack, as a veggie dip, or just to enjoy with pita and fresh tomatoes and cucumbers.

Yield: 2 cups

Ingredients

- 1 cup **herbs** OR 4 garlic cloves OR 5-10 garlic scapes
- 2 tablespoons toasted sesame oil
- 2 tablespoons olive oil
- Zest and juice from 1 lemon
- ¼ cup tahini (sesame seed butter)
- 2 cups of cooked chickpeas or 1 can of garbanzo beans/chickpeas, drained and rinsed
- Salt and pepper to taste

Directions:

Put the herbs, sesame oil, olive oil, lemon juice and lemon zest in the bowl of a food processor and process till smooth.

Add tahini and process until well blended.

Rinse the chickpeas under cold water until the water runs clear, to remove indigestible starches. Drain well.

Add chickpeas to the food processor mixture ½ cup at a time, and process until smooth. Scrape the side of the food processor bowl to move the unprocessed chickpeas into the blades. (do this with the food processor turned off.)

Continue processing the remainder of the chickpeas ½ cup at a time, until the mixture is smooth.

The chickpeas can also be mashed with a potato masher or a fork for a chunkier hummus. Add salt and pepper to taste.

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Relish

While relish is traditionally made from cucumbers, you can substitute other similar textured veggies to get a different result. Try varying the relish recipe with zucchini, summer squash, bok choy or chard stems, celery, or even the tender insides of cattail stems.

Yield: 1 pint

Ingredients:

- 1/2 cup apple cider vinegar, or white wine vinegar
- 1/4 cup sugar
- 1/2 cup finely chopped onion
- 2 cups finely chopped cucumber/zucchini/squash/veggie stems
- 1 teaspoon tapioca or potato starch dissolved in 1 teaspoon water
- Salt and pepper to taste

Directions:

Bring vinegar and sugar to a boil in a saucepan. Let reduce by about half.

Add in onion, cook for 1-3 minutes, or until onions are just tender.

Add in veggies, cook for 1-2 minutes to soften.

Mix starch and water together till smooth. Add to mixture in saucepan and stir. Simmer for one minute.

Take off heat, and add salt and pepper to taste.

Pour into a clean jar while hot. Relish will store in the refrigerator for up to 1 month, up to 6 months if jar is sealed.

Ketchup/Catsup

Create a different version of catsup with wild fruits and berries, instead of the traditional tomatoes.

Yield: 1 pint

Ingredients:

- 2 tablespoons olive oil
- 1 sweet onion OR 2 cups **strong herbs**, chopped or diced)
- 3 and 7/8^s teaspoons ground spices:
 - 1/8 teaspoon nutmeg
 - 1/8 teaspoon clove
 - 1/8 teaspoon cinnamon
 - ¼ teaspoon coriander
 - ¼ teaspoon cumin
 - 1 teaspoon ginger
 - 2 teaspoons paprika or smoked paprika
- 1-3 cloves garlic, minced
- Salt and pepper to taste
- 2 cups **fruit**, chopped to 1 inch, berries can be whole
- ½ cup maple sugar or coconut sugar
- ½ cup apple cider vinegar

Directions:

Sauté onions in oil until tender. Add in the ground spices and garlic and cook for 2 minutes.

Add fruit, cook for five minutes, while stirring.

Mix in vinegar and sugar, bring to simmer.

Simmer until thickened, stirring frequently. Make sure to scrape the bottom of the pan to prevent burning and sticking.

For a smooth catsup, let cool and puree in a food blender. Or puree hot with a hand blender.

Catsup can be sealed into jars, while hot, for up to 6 months refrigerated storage. If unsealed, consume within two weeks.

BBQ sauce

Make in advance as a marinade or meat topping, also goes well with vegetable based dishes, veggie noodles, and beans.

Yield: 5 cups

Ingredients:

- 4 tablespoons olive oil
- 2 cups **strong herbs**– chopped
- 1 cup diced celery
- ½ cup grated carrots
- 3 tablespoons minced garlic
- 2 tablespoons thyme
- 1 tablespoon **sweet herbs** (oregano, basil, bergamot)
- 1 tablespoon paprika or smoked paprika
- ¼- ½ teaspoon cayenne pepper (or to taste)
- 8 cups **fruits** (tomatoes and rhubarb also count)
- 3 tablespoons molasses
- 3 tablespoons vinegar
- 4 tablespoons sweetener (maple syrup, local honey)
- ½ cup soy sauce
- Salt to taste

Directions:

Heat oil in a heavy bottomed saucepan, and sauté allium greens, celery, carrot, and garlic till tender.

Mix in herbs and spices, heat for 1-2 minutes

Add remaining ingredients, not salt, and bring to simmer.

When fruit has cooked, simmer uncovered to thicken sauce, add salt to taste.

Puree the sauce for a smooth consistency, strain to remove seeds if desired.

Store in refrigerator for up to 2 weeks, pressure can or freeze for longer preservation.

Herb Sauce

Great with lamb or beef, use mint for a traditional sauce and vary with other herbs for variety and interest. Use what you have in your garden, and enjoy.

Yield: ½ pint

Ingredients:

- A generous bunch of fresh **herbs**
- A pinch of salt
- 2 tablespoons boiling water
- 1 teaspoon organic sugar (honey, maple syrup)
- 2 tablespoons of white balsamic vinegar

Directions:

Strip the herb leaves off the stem. Chop finely. Sprinkle with salt.

Place into a pint size mason jar. Add the sugar and pour the boiling water over the leaves and sugar. Stir and leave to cool.

Stir in the balsamic vinegar and taste.

Add more water or vinegar to adjust the texture and flavour to suit your preferences.

This will keep in the refrigerator for up to a month.

Soup

This is a broth based soup, great for highlighting your greens and fresh herbs. Vary by what you have in season, and what broth you have on hand. Great for using up bone broth and stock.

Yield: 4 servings

Ingredients:

- 1-3 tablespoons oil (olive oil or coconut oil)
- 1 medium onion
- 6 tablespoons chopped fresh **herbs**, divided
- 3 cups stock, broth, or bone broth
- 1 cup meat or vegetables (optional)
- 4-5 cups **greens**, chopped and packed
- Salt and pepper to taste

Directions:

Chop onions and brown in stock pot with salt, pepper, and oil.

Stir in 4 tablespoons of the fresh herbs, and let flavors meld for 1-2 minutes.

Add stock and bring to a simmer, covered.

If meat or other vegetables are desired in the soup, add browned meat and raw veggies now. Simmer until vegetables and meat are soft.

Add greens, cover and bring back to a simmer till greens are soft. Approximately 6 minutes.

Add additional salt and pepper if desired.

Salad Dressing for Wild Greens

Create salad dressing for your green salads. Pre-dress kale salads, to help soften the kale, or just lightly dress salads made of tender greens.

Yield: $\frac{3}{4}$ - 1 cup finished dressing

Ingredients:

- $\frac{1}{4}$ cup infused or plain olive oil (recipe on page 22)
- $\frac{1}{4}$ cup infused or plain vinegar (see recipe on page 19)
- 1 teaspoon dijon mustard
- 1-3 cloves minced garlic OR 1-3 teaspoons minced **herbs**
- 1 teaspoon maple syrup OR $\frac{1}{4}$ cup tart **fruit** juice (raspberry for example)
- $\frac{1}{4}$ - $\frac{1}{2}$ cup water (optional)

Directions:

Combine all ingredients, except water, in a pint jar.

Shake or whisk well to combine.

If using on a salad that requires pre-dressing (like a kale salad) do not dilute with water. Massage into the leaves of the salad and let stand for 30 minutes before serving, to help tenderize the leaves.

If letting people self-serve the salad dressing, add water to dilute.

Sweet

The use of wild foraged foods doesn't need to be limited to the savory side of the dinner table. These sweets use both herbs, and fruits, from the wild as a delicious ending to any meal. Or a delicious refreshment to anyone's sweet tooth.



Ice Cream

Depending on your preferences, substitute up to half of the regular milk for heavy cream. You can also make ice-cream with coconut milk, if desired. Top with additional simple syrup if desired.

Yield: 2 cups (4 ½ cup servings)

Ingredients:

- 2 cups whole milk or nondairy milk
- ¼ cup Simple Syrup (see recipe on page 48).
- ¼ cup maple sugar
- ½ cup **fresh fruit** (optional)

Directions:

If using an ice-cream maker:

Combine milk and simple syrup, outside of the ice-cream maker. Put maple sugar in the bottom, and pour milk and simple syrup mixture overtop of the maple sugar, while machine is running.

Churn till thickened.

Add fresh fruit, and churn till fruit is just mixed.

Using a rubber or silicon spatula, scrape out ice-cream maker bowl into a freezer safe container, and freeze. Consume within 2-3 days, or ice-cream can start getting harder.

Without an ice-cream maker:

Place 2-3 cups ice, and ¼ cup salt in a gallon sized, heavy duty freezer bag. Put all ice-cream ingredients in a liter sized, heavy duty freezer bag, press out most of the air and seal.

Place liter bag inside gallon bag, and shake/pass around until ice-cream is frozen. Remove liter bag from gallon bag, and transfer contents to a freezer-safe, sealable container (or just straight to serving bowls). Freeze.

Consume ice-cream within 2-3 days for best results.

Popsicles

Popsicles, or ice-pops, help to beat the summer heat. Enjoy as a cool and slightly creamy snack. Use the fruits you have on hand for the easiest recipe, and vary them throughout the season as different fruits become abundant.

Yield: 6 popsicles

Ingredients

- 1 1/2 cups frozen or fresh **fruit**
- 1 cup organic coconut milk, canned, full fat
- 2 tablespoons maple syrup or honey

Directions:

In the jar of a blender, place fruit, coconut milk, and maple syrup. Blend on medium till the mixture is fully blended and the fruit is pureed.

Pour into ice pop molds. Leave about 1/4 inch head space at the top of the mold to allow for expansion. Freeze till firm, about 4 to 6 hours.

To serve, run hot water over the ice pop mold for a few seconds, until the ice pop slips easily out of the mold. Serve immediately.



Flower Infused Honey:

Yield: 1 quart

Ingredients:

- 8 cups of fragrant **flower petals**, such as wild rose, violet, bee balm, lilac, lavender
- 4 cups of local, raw honey, warmed (do not microwave)
- 1-quart jar with lid

Directions:

Clean the flower petals of calyx and any leaves – you only want the petals. Compost the remaining calyx pieces.

Remove any insects or weevils from your petals.

Put the petals into the Mason jar.

Push the petals down into the jar and add more until the jar is at least 3/4th's full of firmly packed petals.

Pour warmed honey over the flower petals in the jar.

Stir well with chopsticks or a butter knife to remove any air pockets.

Cap tightly. After several hours the rose petals will rise to the top of the jar. Stir them back into the honey and top up with more warmed honey, to completely cover the rose petals.

Leave in a warm place for one month, stirring when you think of it.

After a month, warm the honey in a sink of hot water. Pour the infused hone through a coarse sieve to separate the petals from the honey. Jar the infused honey.

The remaining flower petals will retain some honey. Use these as an herbal tea so that the fragrant honey is not wasted.

Fermented honey

Yield: 1 quart

Ingredients:

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

Directions:

Wash fruit, ginger, and turmeric. Slice fruit thinly, set aside. Peel ginger and turmeric with the side of a spoon. Slice ginger and turmeric thinly. Layer fruit, 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.

Place the jar on a plate to catch any overflow. 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. 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.

Sugar cookies

Sugar cookies are a simple cookie recipe that can easily be varied and dressed up with wild harvested flowers.

Yield: 24 cookies

Ingredients:

- 3/4 cup salted butter, softened
- 3/4 cup organic, raw sugar
- 1 large egg
- 2 teaspoons pure vanilla extract
- 2 cups all-purpose flour + additional flour for rolling
- 1/2 teaspoon baking powder
- Topping: **fresh wild flowers** or sweet **herbs**

Directions:

Cream together butter, sugar, and egg.

Add in vanilla and blend.

Slowly add half the flour and the baking soda.

Add the other half of the flour and blend till just mixed.

If dough is still too damp, add up to ¼ cup additional flour by table-spoons.

Roll out dough on floured parchment paper, while warm. Roll up rolled dough in the parchment paper – like a scroll. Chill rolled dough in refrigerator for 1-2 hours. Can be chilled overnight, or up to two days if short on time.

Cut with cookie cutters and place on greased baking pan.

Re-roll dough scraps as needed, and continue cutting out cookies until all dough is used.

Press fresh or candied edible flower petals, or herb leaves into the top of the cookie before baking.

Bake at 350F for 10-12 minutes, or until cookies are just golden brown on the edges.

Shortbread cookies

These shortbread cookies really shine when topped with edible flowers like bee balm, dandelion, rose, lavender, and pansy.

Yield: 4 dozen

Ingredients:

- 1 cup butter
- 1 ½ cups sugar, divided
- 2 tablespoons of vanilla
- 3 egg yolks
- 4 cups of flour or gluten free flour blend
- **Edible wild flowers**

Directions:

Beat butter and 1 1/3 cups sugar until light and fluffy. Add vanilla and mix well. Add egg yolks one at a time, beating after each addition. Add flour and mix to make dough.

Roll out dough between two layers of parchment paper, until ¼ inch thick. Cut out round cookies. Remove excess dough around edges. Place fresh flowers in the center of each cookie.

Cover with parchment paper and roll lightly to press in flowers into the dough.

Chill dough for 20 minutes. Recut the cookies with a cookie cutter, to smooth the edges. Place on baking sheet.

Bake at 375°F for 10 minutes or until lightly brown and done. Sprinkle with organic sugar, while still hot.

Transfer cookies to cooling rack. Cool completely before serving.

Gelatin Dessert

Gelatin treats don't have to be from a box. With unflavored gelatin you can make your own sweet herb, or sweet fruit jelly treats.

Yield: 3 cups

Ingredients:

- 1 cup **dried wild fruits** OR 2 cups **fresh fruit**
- 2-3 cups water
- 4 tablespoons unflavored bovine gelatin
- 3 tablespoons honey or maple syrup

Note: if you would like to use sweet herbs, or flower petals, use a simple syrup in place of the sugar, and make a tea instead of a fruit decoction.

Directions:

Heat fruit and water together. If using dried fruits, like elderberry, simmer fruit with 3 cups of water for 30 minutes and strain dried fruit from water. Water should reduce to 2 cups during simmering.

If using fresh fruits, simmer fruit with 2 cups of water until fruits are soft enough to blend into the liquid.

Put aside ½ cup of fruit decoction in a separate 2 cup glass measuring cup to cool. Keep the other 1 ½ cups warm in the saucepan on the stove, over low heat.

Once the 1/2 cup of fruit decoction has cooled, add the gelatin to the measuring cup. Soften the gelatin in the cold liquid until the gelatin blooms. About 3 minutes.

Stir the hot elderberry decoction into the glass measuring cup and fully combine with gelatin. Add honey and stir until the honey is fully dissolved.

Spray your gelatine mold with non-stick cooking spray. Place the mold on a baking sheet or a tray. Pour the elderberry – gelatin mixture into the mold. OR pour gelatine into ½ cup jars or glass dessert containers. Cover with plastic wrap or a beewax cloth wrap. Place the mold on the tray in the fridge. Chill for 4 to 6 hours or overnight. Until the gelatin is firm. Do not freeze.

Before serving unmold the gelatin from the molds, unless serving in individual containers.

Top with whipped cream and additional fresh fruit, if desired, before serving.



Jam

Jam is a great preservation option for wild fruits. There is an almost unlimited number of jam combinations that you can create.

Yield: 3 pints

Ingredients:

- 8 cups mixed **wild fruit**
- 4 cups chopped tart apples
- 3 cups sugar
- ¼ cup lemon juice
- 6 half pint canning jars, with seals and lids

Directions:

Sterilize canning jars before beginning.

Mix wild fruit, apples, and sugar in a large, heavy bottomed saucepan. Let stand, without heat, for a few minutes or until the berries start releasing their juices.

Add lemon juice and turn on the heat.

Bring to a boil, and simmer over medium-low heat until jam begins to thicken. Skim off foam, and stir while boiling.

When jam begins to thicken, about 15 minutes, remove from heat.

Carefully ladle hot jam into sterilized jars. Heat lids, and cap.

Use a ten minute boiling water bath to seal. Or, pressure can according to the method for jams.

Store boiling water bath canned jam for up to a year. Pressure canned jam can be stored longer.

Refrigerate after opening, use within 3 months of opening to prevent mold.

Chutney

This is a semi-sweet, fruit based condiment. It is sweeter than salsa, and less spicy. Often used to encourage and aid digestion, it is traditionally served with meat, but can go well with bread, beans, or baked veggies.

Yield: 1 pint

Ingredients:

- 2 tablespoons olive oil
- 1 sweet onion, chopped
- ¼ teaspoon cardamon seeds
- ½ teaspoon coriander
- ½ teaspoon cumin
- ½ teaspoon fennel seed
- ½ teaspoon fenugreek
- 1 teaspoon ginger
- 1-3 cloves garlic, minced
- 1 jalapeno finely diced (optional)
- 2 cups **fruit** in 1 inch pieces, berries can be whole
- ¼ cup apple cider vinegar
- 2 tablespoons to ¼ cup maple syrup
- ¼ cup dried **fruit** (raisins, apricots, local dried berries)
- ½ cup seeds or nuts, chopped

Directions:

Sauté onions in olive oil till tender.

Coarsely grind spices, and add to sautéing onion.

Add ginger, garlic, and the optional jalapeno. Cook a further 2 minutes.

Add fruit, cook for 5 minutes stirring constantly.

Add vinegar and maple syrup, and bring to a simmer.

Add dried fruit and nuts, cook uncovered until thickened. Stir frequently to ensure nothing burns.

Add salt and pepper to taste.

Can be stored in refrigerator for up to a few months, if sealed while hot into glass jars. If jars are unsealed, use within two to four weeks.



Beverages:

Herbs are a great addition to many beverages, and wild foraged herbs and fruit are a great option for a wide variety of tasty drinks. You are not limited to just teas either. Wine, mead, lemonade variations, and more can be made with your wild foraged herbs.

If you enjoy sparkling water, simple syrups also offer a great way to enjoy many different wild herb and flower flavors.



Herbal Tea

Herbal tea is a standard way to enjoy many wild-crafted herbs and flowers. Blend herbs with their uses in mind, or focus on melding flavors for a new and varied taste.

In this recipe, “a part” is what you have on hand. It can be 1 teaspoon, or one cup, the main thing is equal parts blended together to make tea. If making an individual blend of teaspoon sized parts, it would be suitable for a teapot. If blending in cup sizes, it would be suitable to store and enjoy long-term or put into tea-bags for gifting, traveling, or as part of your quick access apothecary plans.

*Yield: one serving **or** one jar of blended dried tea*

Ingredients:

- 1 part sweet tasting **herbs** (example, mint)
- 1 part tonic /green tasting **herbs** (example, stinging nettle)
- ½ part warming/strong flavored **herbs** (example, ginger or thyme)
- Boiling water

Directions:

Use fresh or dried herbs for herbal teas. If using fresh herbs, remember that they cannot be stored at room temperature. Use dried herbs if you intend to store your tea blend.

You can make tea from single herbs, just be aware that some taste better when blended with other herbs. Bitter herbs especially taste better with other herbs to balance their flavors.

Choose your warming, sweet, and tonic herbs. Mix together in tea ball, bowl, or other container.

Place in a tea-ball or tea strainer and pour just-boiled water over them.

Cover and let steep for 3-5 minutes.

Remove herbs.

Sweeten with honey to taste.

Fruit Tea variation:

*Yield: one serving **or** one jar of blended dried tea*

Ingredients:

- 1 part dried **fruit** (example, currants, strawberry tops)
- 1 part dried **flowers** (example, rose petals)
- 1 part dried tonic **herb** (example, raspberry leaf)

Directions:

Combine dried fruits, flower petals, and tonic herb together. Add 1 tablespoon of mixture to a tea ball or tea strainer.

Pour boiling water over tea ball, and steep covered for 5-10 minutes. Remove tea ball, and sweeten with honey if desired.



Wine

Wine is a great way to do long term preservation of herbs and flowers, and have them at-hand in a ready to serve fashion. Wine made from herbs is tonic.

Yield: 2 gallons

Ingredients

- 1 gallon **edible flowers** or **herbs**
- 2 gallons water
- 6 cups white sugar
- 2 packages champagne yeast
- 3 organic oranges, chopped, including skin, seeds, and juice
- 3 organic lemons, chopped, including skin, seeds, and juice
- 1 cup of organic raisins

Directions:

Gather 1 gallon of young, open, edible flowers or herbs in the morning. In a large sanitized bucket, put edible flowers or herbs. Cover with 2 gallons of boiled, still hot water. Cover the bucket with a cheese cloth and let sit for 3 days. Strain out the golden liquid.

In a large pot, bring liquid to the simmer.

Dissolve sugar completely, simmer for 30 min. Take off of heat. Allow to cool to lukewarm.

Strain liquid.

Add 2 packages of champagne yeast to 1 cup of the liquid. Once dissolved and active, return to vat. Stir well.

Add oranges, lemons and raisins and stir well.

Bottle in two glass, 1 gallon, jugs (carboys). Place wine fermentation lock.

Allow to ferment for 4 weeks or until active fermentation stops. Decant and bottle in clean, sterilized wine bottles.

Cork. Store for 4 to 6 months before using.

Herbal Mead

Mead captures the actions of herb through fermentation. While it takes several months to make a bottle of mead, the results are well worth the efforts.

Yield: 1 gallon

Ingredients:

- 3 cups **herbs** and **edible flowers**
- 8 – 10 cups of water, filtered, divided
- 4 cups honey
- 1/2 cup of white grape juice concentrate
- 1 packet champagne wine yeast

Directions:

Place herbs in a 2 quart, heat proof bowl. Pour 4 cups of boiling water over them and cover. Let steep for 1 hour, covered. Strain the tea. Stir the honey into the warm tea. Set aside.

Sanitize a 1 gallon glass fermenting jug, along with its tin cap. Pour the herb and honey mixture into the fermenting jug.

Pour the white grape juice concentrate into a glass. Stir in 1 cup of water. Allow it to come to room temperature. Sprinkle the yeast over top of the grape juice. Wait 30 minutes. Stir the yeast into the grape juice and wait till it becomes frothy or bubbly.

Pour the grape juice – yeast mixture into the fermentation jug. Cap the jug and shake it for a few minutes to finish dissolving both the yeast and the honey. Top up the jug to the shoulders with boiled and cooled filtered water.

Sanitize a wine fermentation lock. Fill the fermentation lock with boiled and cooled water. Replace the cap on the fermentation jug with the fermentation lock.

Place the jug on a plate to catch any overflow. Place the jug in a spot out direct sunlight and away from source of heat, for several weeks. The fermentation will become active with bubbling and frothing evident.

Racking off

After 4 to 6 weeks you'll notice that the fermentation has slowed down and sediment is forming in the bottom of the jug. The mead is still not clear though. When the bubbling and frothing stop, transfer the liquid to a fresh, sanitized fermentation jug. Sanitize the fermentation lock again and place it on the new fermentation jug. The fermentation process will resume.

Clear the mead

This last fermentation can take anywhere from 2 to 6 weeks. When the fermentation stops, the wine will clear. If it doesn't clear naturally add ¼ teaspoon of pectinase to the jug. Replace the fermentation lock and wait.

Bottle the mead

When the wine clears and fermentation stops, siphon the mead into sanitized wine bottles. Cap with a wine corker or a twist cap according to your bottles. Label the bottles.

Place the wine bottles in a cool, dark spot. Age at least 3 months before sampling. Mead gets better the longer it sits.

Infused Simple Syrup Recipe

Simple syrups are great for inclusion in drinks, baking, and cooking. Use to top ice-cream, blend into gelatin, or simply enjoy with sparkling water.

Yield: Approx. 1 quart.

Ingredients:

- 1 cup of fresh **herbs, edible flowers, or fruit** OR ½ cup dried
- 3 cups of water
- 1 ½ to 3 cups sugar

Directions:

Make a hot infusion of the leaves, flowers, or fruit by making a tea and steeping, covered for 10 minutes. Be sure that this doesn't boil. If you are using harder material like bark, simmer this in a saucepan over medium heat for 15 to 30 minutes until the herbs are soft.

Once infused, strain out the herbs and return the liquid to the saucepan. Measure the remaining liquid

Add 1 1/2 cups of sugar or honey to the saucepan for each cup of herbal tea that you have left. Simmer it all gently, over low heat, or an additional 15 minutes until the liquid is reduced by half of the original volume.

Bottle the finished syrup in swing-top bottles or cap them tightly in Mason jars. They will last 3 to 4 weeks in the refrigerator. They can last up to six months frozen.

To freeze, pour cool syrup into ice-cube trays. Freeze solid, remove from trays and return to freezer in labelled and dated freezer bags.



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)

