



DIY Herbal- Infused Honey




Ingredients

- Dried herb of choice (great choices include lemon balm, sage, thyme, oregano, rosemary, lavender, or rose petals)
- Raw honey
- Clean glass jar (pint sized jar)

Directions

1. Fill jar $\frac{1}{4}$ - $\frac{1}{2}$ way with dried herb(s) of choice
2. Pour enough honey until herbs are fully submerged
3. Put lid on the jar and sit jar in a sunny spot for at least 1 week (3-4 weeks is ideal)
4. Every few days, flip jar over
5. Strain out the herbs from the honey using a mesh strainer, and store in another clean glass jar in a cool, dark place





DIY Herbal- Infused Salt or Sugar



Ingredients

- 1 cup of salt (fine or coarse depending on preference) or sugar
- Dried herb(s) of choice
- Medium-sized bowl
- Spoon
- Measuring cups
- Glass jar
- Mortar and pestle or food processor (optional)

Directions

1. Start by combining .5-1 TBSP of dried herb with salt/sugar
2. Mix well with a spoon, taste, and add more until you reach your desired taste
3. Use a mortar and pestle or food processor to blend the salt/sugar and herbs
4. Store mixture in a glass jar in a cool, dark place. Use within 2-3 months for the freshest flavor.



Notes

Gently warm up your jar if your honey becomes too thick to strain. You can do this by boiling some water on the stove. Remove from heat and sit the glass jar in the hot water bath. You can also use the double boiler method.

It is best to use leaves and flowers for infused honey. Barks, roots, and berries will not work well.

This should last 6 months to 1+ year as long as no moisture gets in the mixture.

Some ways we'd recommend enjoying are by adding to your herbal teas, drizzling over meat or veggie dishes, or pair with your favorite cheese!

Thank you for joining us for this year's ECP Winter Cohort Gathering. We hope you enjoy the holiday season and are grateful for your partnership!

Notes

If using fresh herbs, you must spread out the mixture on parchment paper and allow to fully dry before bottling.

Some ways we'd recommend enjoying are by adding to baked goods, sprinkle over fruit, or even rimming a cocktail glass!

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