

Winter recipes

Before you begin it is important to identify plants correctly, if you are ever unsure do not eat or use the plant medicinally.

Natural known (scientifically studied) immune boosters

- Probiotic yoghurt – this works by increasing the good bacteria in your gut which in turn improves the immune cells that are situated in the intestines (these are called Peyer's patches).
- Garlic – one of the best natural antibiotics it is antiviral as well.
- Green tea – contains virus fighting constituents.
- Mushrooms – contain constituents that boost white blood cells.
- Ginger – contains constituents that aid the absorption of vitamins and minerals from other foods and increasing immune function.
- Cabbage – contains constituents that improve gut health (see yoghurt)
- Spinach – contains vitamins and minerals that build a healthy immune system.
- Apples – contain constituents that improve gut health (see yoghurt)
- Blueberries – contains antioxidants.
- Brazil nuts – contains essential minerals.
- Carrots – contain beta carotene.
- Beetroot – contains antioxidants.
- Grapefruit – has antibacterial properties.
- Elderberries – contains antibacterial and antiviral constituents.
- Almonds – contains essential minerals.
- Broccoli – contains vitamins and minerals.



Rose hip syrup <http://www.eatweeds.co.uk/rosehip-syrup-recipe>

Rosehips contain twenty times more vitamin C than you find in oranges. As a result and due to the lack of citrus fruits, the British government during World War Two encouraged citizens to make rosehip syrup. This is a variation on the original rosehip syrup recipe.



Ingredients

- 1kg rosehips
- 3 litres of water
- 500g dark brown soft sugar

Suggested Instructions

1. Bring to the boil 2 litres of water.

2. Chop rosehips in food processor until mashed up, then add to boiling water.
3. Bring water back to the boil, then remove from heat and allow to steep for 20 minutes.
4. Pour rosehips and liquid into a scalded jelly bag and allow the juice to drip through. Gently squeeze the jelly bag to extract as much liquid as possible. Be careful not to rip the bag.
5. Add rosehip pulp back to a saucepan containing 1 litre of water and bring back to the boil. Then remove from heat and allow the contents to steep for another 20 minutes before straining through the jelly bag as in Step 3.
6. Add sugar to the strained rosehip liquid and dissolve, allow to simmer for five minutes, then pour into hot, sterilised bottles.

Fresh ginger tea

Simply add several slices of fresh ginger to a cup and pour over boiling water. Leave for 10 minutes and add honey to taste.

Ginger is an excellent remedy for boosting immunity and has been used for thousands of years.

Remember that ginger can be frozen and still keeps a lot of its medicinal qualities. So if you have a small piece left in the fridge after cooking pop it in the freezer and you will have an instant natural remedy when you need it.



Onion and garlic syrup



Garlic is well known for its antibacterial properties and it is an excellent remedy for treating colds and flus. Both onion and garlic have been found to have antiviral properties and that's what makes them fantastic for colds and flus that do not respond to antibiotics.

Peel and slice a white onion and half a bulb of garlic.

Layer the slices of onion and garlic in a clean jam jar or Tupper wear container and either sprinkle sugar over the slices or a tsp of honey. Build the layers up in the jar/container and then screw on the lid and leave for several hours.

The sugar or honey will have extracted the liquid from the onion and garlic and it will now be an antiviral syrup. Take up to 5 tsps of this mixture a day when you have a cold or flu.

This mixture will keep in the fridge for up to a week.

**For more recipes take a look at the free
downloads available from my website
www.lauracarpenter.co.uk**

Useful books on home remedies

Herbal antivirals by Harrod and Stephen Buhner
The history of Echinacea by Andrew Chevallier
The complete illustrated holistic herbal by David Hoffmann
The domestic alchemist by Pip Waller
Women's Herbal by Anne McIntyre

Places to buy good quality herbs, essential oils and sundries

- www.baldwins.co.uk
- www.cotsherb.co.uk
- www.indigo-herbs.co.uk
- www.essentialoilsdirect.co.uk

Please note Laura Carpenter is not liable for any use of medicinal plants that occurs outside of a designated herb walk or workshop.