



# Elderberry & Echinacea Tincture



\*Beware of eating elderberries raw due to presence of cyanide-inducing glycosides. Consume cooked or soaked in alcohol.

## Ingredients

- 160g Elderberries (without stems)
- 160g Echinacea root
- 40g fresh ginger
- 40g thyme leaves
- 1l vodka

## Utensils

- Big glass jars with lids
- Chopping board and knife
- Sieve/piece of muslin (for 3 weeks after steps 1-6)

## Method

1. Gather your elderberries giving thanks to Mother Elder and leaving some for the birds.
2. Rinse through a colander and pull off any remaining stalks. Place in jars.
3. Slice the fresh ginger and echinacea root thinly – add to the jar(s).
4. Pull the leaves from the thyme stems – add to the jar(s).
5. Pour over the vodka and seal. Store in a dark place for 3 weeks.
6. Shake the jar each day you remember to speed up the process.
7. Strain off the tincture into sterilised bottles/jars through a sieve/piece of muslin.

### Notes:

- This recipe is adapted from Neals Yard Remedies 'Cook, Brew, and Blend your own herbs' (2011).
- You can buy Echinacea root online.
- Once your tincture is ready, take 1 tsp 2-3 times a day to ward off colds.