

FLOWER METHOD

for herbal syrups

Use this low-heat method when working with delicate flowers and leaves

Dried Herbs

- 1 part dried herbs
- 2 parts water
- 1 part sugar

OR

Fresh Herbs

- 1 part dried herbs
- 1 parts water
- 1 part sugar

Directions

1. Combine flowers and water in a saucepan.
2. Heat on medium high just to a boil
3. Remove from heat and stir in sugar
4. Allow to steep minimum 30 min, up to overnight
5. Strain using a fine mesh strainer or cotton muslin bag to squeeze out all the goodness
6. Bottle, label, refrigerate.

Notes

- My preference is organic cane sugar.
- You can adjust the sugar amount up to 2 parts.
- You can sub honey for sugar.
- Syrups made with sugar will keep in the fridge for up to 3 months.
- Syrups made with honey will keep in the fridge up to 6 months.
- The longer you steep your syrup the more flavor the herbs will impart.



HERB COMBINATIONS

Ideas for herbal syrups



Triple Mint Syrup

1 part spearmint
1 part peppermint
1 part lemon balm

Tulsi-Rose Syrup

1 part tulsi
2 parts rose petals

Chamomile-Vanilla Bean

2 parts chamomile
1 part fresh vanilla
bean, chopped or split
open with caviar
scooped out
(I recommend honey
for your sweetener in
this combination!)

Sun Tea Syrup

2 -3 parts hibiscus
1 part tulsi
1 part lemon balm
1 part rose petals
1 part rose hips
1 part spearmint
1 part fresh tangerine
peel or 1/2 part dried

Elderflower Delight

4 parts elderflower
1/2 part lavender
1 part fresh lemon
peel or 1/2 part dried

Lovely Lavender Syrup

1 full part lavender
A few butterfly pea flowers for color!
(lavender alone doesn't make for a
very pretty syrup. The BPF imparts a
purple hue when you add lemon)

Fruit Punch

Any combination of
berries, citrus, apples,
pears, etc. with equal
parts water and sugar.
Add to water for healthy
fruit punch for kiddos!

Chamomile-Ginger

2 parts chamomile
1 part fresh ginger or 1/2
part dried ginger
(I recommend honey for
your sweetener in this
combination!)

