

## Honey Recipes by Patricia Kyritsi Howell

*Feel free to circulate but please include my name and contact information.*

**Greek Honey for Coughs and Colds** - To calm coughs and soothe scratchy sore throats take a teaspoon at a time as needed, or dissolve a teaspoon of honey in a cup of herb tea.

1 pint of raw honey  
Enough fresh sage leaves and thyme branches to fill a pint jar  
15 cloves fresh garlic, peeled and thinly sliced

Sterilize a one-pint canning jar and lid. Coarsely chop the herbs and place in jar. Use a wooden spoon to crush the herbs as much as possible. Add the garlic. Fill the jar with honey all the way to the top. Cover securely. Place the jar in a sunny place for about two weeks. Shake often. After two weeks, pour the honey and herb mixture through a wire strainer into a second sterilized pint jar. Store strained honey in a cool dark place. Use as needed.

**Honey Anti-bacterial Blend** - Use this blend as a topical wound dressing for infections.

½ cup raw honey  
½ teaspoon goldenseal root powder  
1 clove fresh garlic, coarsely chopped  
1 fresh comfrey leaf (about 6 to 8 inches long), coarsely chopped  
5 drops essential oil of lavender  
2 drops essential oil of mastic or tea tree

In a medium sized mortar and pestle, pound together the comfrey leaf and garlic to form a smooth paste. Add a little honey if needed to make a smooth mixture.

Slowly add the goldenseal powder and continue to blend the paste. Add honey about 1 tablespoon at a time, mix well after each addition. You may need to switch from using the pestle to using a soup spoon at some point. When well blended, scrape the mixture out of the mortar into a small, wide mouthed jar. Add the essential oils and stir with a chop stick or knife to incorporate the oils. Cover and store in a cool place.

**Honey Vinegar with Herbs** (from Myrsini Lambraki) - A Greek oxymel that can be taken by teaspoonful or added to tea to break up congestion.

3 cups apple cider vinegar  
½ cup honey  
½ cup orange or lemon juice  
2 tsp. dried or 4 tsp. fresh oregano  
2 tsp. dried or 4 tsp. fresh sage  
1 tsp. dried or 2 tsp. mint  
1 tsp. dried to 2 tsp. thyme

Simmer everything in a non-aluminum pan for 6-7 minutes. Remove from heat and cool. Strain through muslin and then restrain through a paper coffee filter. Pour strained mixture into sterile glass bottles. Seal and store in a dark, cool place. Allow to sit for 3 to 4 weeks before using.

**Stomach Ulcer Tonic** - This remedy is for daily use to treat gastric ulcers or as a preventative for those recovering from them.

1 cup raw honey  
1 ounce ground yellow root powder (*Xanthorrhiza simplicissima*)  
5 cloves fresh garlic, finely chopped  
1 teaspoon ground fennel seeds  
1 teaspoon ground cinnamon  
Mix everything together and store in a jar. Take one to two teaspoons each day.