



1 quart



10 minutes

cleavers tincture

ingredients:

- lots of cleavers {10 ounces is ideal for this tincture}
- 100 proof Vodka

instructions:

1. FOLK METHOD: chop your cleavers and add to a pint or quart sized mason jar. Cover with 100 proof vodka. Cap. Label. Let infuse for 6-8 weeks in a cool, dark space.
2. STRONGER METHOD: Weight your cleavers in a bowl on a kitchen scale {don't forget to tare the scale after you put the bowl on}.
3. Take the weight of the cleavers and multiply it by 2. That's the amount of vodka in liquid ounces you're going to add.
4. So say you have 10 ounces of fresh cleavers by weight. {10 x 2=20} You'll measure out 20 liquid ounces of vodka by volume.
5. Put both the cleavers and the vodka in a blender and blend until well incorporated. You may need to use the tamper to help it get going.
6. Transfer to a quart-sized mason jar, cap, and label with the finish date {6-8 weeks in the future}.
7. Store in a cool, dark space, shaking at least once a week.
8. When ready, strain the tincture into another jar using a nut milk bag or cheese cloth. Store until needed for lymph support!

The cuisine of healing

- Cleavers are one of the best herbs for the lymphatic system. They...
 - can be used for acute and long-term lymph stagnation.
 - help to heal UTIs and alleviate UTI symptoms.
 - are cooling and can help to relieve pain from burns.
 - purify the blood.
 - clear the body of metabolic waste.