

# MAY 2023 APOTHECARY BOX

- **SPRING OXYMEL:** My absolute favorite drink. Helps to balance blood sugar, supports digestion, builds immune system and uplifts with mood-boosting and heart-loving herbs.
  - Ingredients: rose-infused honey, elderflower-infused honey, lemon balm-infused apple cider vinegar
  - Instructions: Put 2 tablespoons in a glass and fill with sparkling water for an afternoon delicious beverage. Mix with equal parts olive oil for a delicious salad dressing! Store in fridge.
- **BUG SPRAY:** The aromatics of these plants are natural bug repellents {They also help to put you in a good mood.} and will keep those pesky summer blood-suckers away!
  - Ingredients: rosemary, tea tree, lemongrass, eucalyptus essential oils, cedarwood hydrosol
  - Instructions: Shake then spray on your skin, pants {be mindful of how much you use on your pants so that the oil doesn't stain} and shoes before you go outside to keep the ticks and mosquitos away!
- **DRAWING SALVE:** If you do happen to get bitten, use this salve to pull out any venom, saliva, or germs. It draws out redness, inflammation, and swelling. It helps with itchiness too!
  - Ingredients: plantain-infused olive oil, beeswax, activated charcoal, bentonite clay, vitamin E, lavender essential oil
  - Instructions: Rub salve over bug or tick bite 3x a day until sting, itchiness and redness is gone.
- **5-SEED BREAD DIP:** Filled with nutritive and digestion-supporting herbs. The seeds are gently toasted to release their medicinal benefits and aromatic oils. Absolutely savory and perfectly paired with organic olive oil and crusty bread.
  - Ingredients: black & white sesame, cardamom, cumin, coriander seeds, nettles, dandelion leaf, garlic powder, salt
  - Instructions: Pour half of the container into a bowl with 1/2 cup of olive oil. Let sit for at least 30 minutes at room temperature. Dip warm, crusty bread into the deliciousness!
- **PROBIOTIC FRUIT & HERB POWDER:** My new favorite herby product. I ferment these fruits and herbs with Jun {like kombucha, but with green tea and honey} for a few days and then they're freeze dried and powdered to retain microbiome benefits and strong flavor.
  - Ingredients: fermented + dried strawberries, blueberries, roses, lemon balm, nettles and elder flowers
  - Instructions: Put 1-2 teaspoons into a smoothie, on top of yogurt, granola, or cereal, onto ice cream or anywhere to sprinkle on some sweetness.
- **\*BONUS\* :: CEDARWOOD + ROSE INCENSE CONE:** Cleanse the air, brighten the mood, and take some breaths while watching the wafting smoke. So fun!
  - Ingredients: powdered cedarwood, powdered rose, powdered ginger, xantham gum, water
  - Instructions: Put on a small plate and light the top of the cone. Let it burn, watching it carefully, as it cleans the air.

Quick 1-minute videos on each product [HERE:](https://www.wildgardenfarms.com/monthly-apothecary-box-info)  
<https://www.wildgardenfarms.com/monthly-apothecary-box-info>

with love and plants.

Mary Julia