Grounded Goodwife's

What should I grow in my medicinal herb garden? Continued

Recipes

Catnip – Fennel Infusion

This infusion is great for helping the body to sweat out a high fever, which helps the infection leave the body faster. It's relaxing and helpful for stress and anxiety. It also aids digestion, soothes the stomach, and can release tension/worry in the solar plexus area. A great blend for all ages, including kids!

Ingredients

- 1 tablespoon fresh or 1 teaspoon dried catnip leaves
- 1 teaspoon fresh or ½ teaspoon dried fennel leaf

Instructions

1. Chop herbs and place in a tea infuser.
2. Pour 8 ounces boiling water over herbs, and steep 15 minutes. Strain and drink.

Feverfew-Lavender Tincture

Traditionally used for headaches, and also stress and anxiety.

Ingredients

- 1/2 cup chopped feverfew leaves and flowers
- 1/2 cup chopped lavender leaves and flowers
- Alcohol – brandy, vodka, rum, etc.
- Quart (4 cup) glass jar

Instructions

1. Place chopped herbs in jar.
2. Pour alcohol to the top of the jar.
3. Place the lid on the jar and shake the jar well.
4. Label the jar and place at room temperature (not in direct sunlight) for at least a month, shaking the jar every few days.
5. Strain, bottle, and label.
6. The standard suggested dose is 1 teaspoon tincture per day.

Parsley Pesto

Makes 1 ¼ cups

- 1 cup shelled walnuts
- 2 cups chopped parsley, about 1 bunch
- 1/2 cup grated pecorino or Parmesan cheese
- 3 cloves garlic, chopped
- 1/2 teaspoon salt
- 1/2 cup extra virgin olive oil

1. Put the walnuts, parsley, cheese, garlic, and salt in a food processor and pulse for a few seconds to combine. Scrape down the sides of the bowl, then pulse again.
2. While the machine is running, drizzle in the olive oil just long enough to incorporate the oil, about 20-30 seconds.
3. Use immediately or cover with plastic wrap and refrigerate to store. Will last several days chilled. Use on pasta or as a spread on bread or toast.