

# Thyme Steam

From *Herbal Medicine for Beginners*, Katja Swift

Thyme's antimicrobial action is in its volatile oils which are released in hot steam. When inhaled, the antimicrobial effect impacts the lungs, gut, and helps clear congestion.

- Approx. 2 Tbl fresh or dried thyme
- Approx. 2 cups water

Boil water. Once boiling, pour water in a metal or glass bowl and add thyme.

Drape a towel over your head and place your head several inches over the bowl. Breathe in the steam deeply until the water cools.



# Thyme and Cherry Bark Cough Syrup

From *Alchemy of Herbs*, Rosalee De La Foret

This syrup helps stop dry, hacking, and unproductive coughs. The marshmallow root and honey help moisten dry tissues, and the wild cherry bark and thyme relieve the coughing reflex.

- 30 grams dried wild cherry bark (*Prunus serotina*)
- 10 grams dried marshmallow root (*Althaea officinalis*)
- 7 grams dried thyme leaves
- 1/2 cup honey
- 1/4 cup tart cherry juice concentrate

## How To Make

Combine wild cherry bark, marshmallow root, and 2 cups water in a pan. Bring to a boil, then simmer, uncovered, for about 20 minutes. The water should be reduced by about half.

Remove from heat. Add thyme and steep, covered, for 5 minutes.

Strain off the herbs and measure the remaining liquid. Add a half part honey and a quarter part cherry juice (e.g. if you have 1 cup of liquid, you would add 1/2 cup honey and 1/4 cup cherry juice).

Stored in the fridge, syrup should last about 1 month. It will also freeze for later use. If it develops mold, throw it out.

## How To Use

Adults take 1 tsp every 30 minutes.



# Garden Salt Substitute

From *Herbal Kitchen*, Kami McBride

This Garden Salt Substitute is delicious on grains, potatoes, and rice dishes.

- 3 Tbl powdered chives
- 2 Tbl powdered parsley
- 2 tsp powdered rosemary
- 2 tsp powdered thyme
- 1/2 tsp celery seed

Buy powdered herbs/spices, or grind whole herbs/spices in coffee grinder.

Mix herbs together well in a bowl. Put mixed herbs into a shaker or chosen dispenser for sprinkling on food.

