

Herbal Remedies with the Wood Family



Favorite Recipes



Vinegar of the Four Thieves:

First, take your herbal combination of: Lavender, Peppermint, Rosemary, Sage and Wormwood. There are a variety of recipes out there most say to use equal parts of each and some add a few other herbs such as rue, hyssop and lemon balm. I purchase my herbs from The Bulk Herb Store and they only use the four herbs I have listed. You want to make a big enough batch of this so that you don't have to keep making it up. Once mixed well take 12 tablespoons and place into your 2 quart jar of Raw Apple Cider Vinegar.

Then put it in a cool, dark place and mix daily for two weeks. At the end of two weeks strain off your herbs and chop up 2 Tbs. of garlic. Add your garlic to your liquid that you have strained and place in a pot to steep for three days. Don't boil it! It will stink up the house if you get it boiling or cooking too fast. I have friends that strain their herbs off, add their chopped garlic and then place back in the jar and set in the sun for three days. I think I will try that when the sun decides to come out again. Once the three days are over remove your garlic and put into a jar and store in the refrigerator until you need it. Dilute it 1 part to 1 part with wa-

ter before you use it on your skin or your animals. We have found this is WONDERFUL for our animals and always have a batch going.

Momma Wood's Chicken Soup:

- 1 Pasture Raised Chicken
- 1 chopped Onion
- 5 Large Carrots
- 5 Celery Sticks, chopped
- Salt and Pepper to Taste
- 3 Cloves of Garlic, minced
- 1 cup Rice
- Stock pot of Water



Place all ingredients except for rice in stock pot of water and let boil. Once the chicken has cooked, carefully take it out of the water and remove all the bones from the meat. When you have finished this put all the meat back in the stock pot and let cook for 15 minutes longer with the rice. This is a family favorite in the Wood house. We hope you enjoy it too!

Garlic Sprout Sandwiches

- Sprouts
- 2 cloves of Garlic, minced
- Mayonnaise
- Whole Wheat Bread
- Salt and Pepper to taste

After toasting your whole wheat bread spread a nice layer of mayonnaise over one side of your bread. Then add your sprouts, garlic, salt and pepper. Place other slice on top and tada! A healthy masterpiece!

Cold and Flu Tea

- 1/2 part Dried Orange Peels
- 1/2 part Dried Apples
- 1 part Cinnamon
- 1 part Ginko
- 2 parts Green Tea
- 4 parts Red Raspberry

Mix together all ingredients. Put in jar for later use or place about 2 Tbs. of mixture into a tea ball. Place in your hot cup of water and wait until it is the desired strength. Add honey or other sweetener of your choice and enjoy!

Helpful Resources:

We have enjoyed the natural benefits of herbs for many years and have also enjoyed finding quality herb shops to purchase products from. I would like to share with you today some of our favorite resources.

Azure Standard

Azure Standard has provided our family with many of the herbs that sit on our cabinet shelves. Azure provides our family with much of our food each month so this was very convenient for our family.



Bulk Herb Store

The Bulk Herb Store offers many different herbs and other herbal products with great quality and prices. Our family has truly enjoyed getting to know more about the family that runs the business and using the herbs that they provide our family with.



Patches of Thyme

Patches of Thyme is run by one of our dear family friends. She offers not only herbs but many different salves, lotions etc.



