



JUNE'S RECIPE

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# *HONEYED PARSLEY*



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MOON BY MOON APOTHECARY



*JUNE is here* & with it will arrive the summer solstice, the longest day of the seasonal wheel

the days are hot & long & all the plants are reaching up towards the sky. the parsley in our garden is looking especially content with this weather & we have been kept in full supply of parsely for all our cooking needs ~ it is such a refreshing, crisp, aromatic, & versatile herb to include in savory & sweet dishes alike. plus it is rich in vitamin c, k, a & folic acid, amongst other vital nutrients

every other summer, i make a parsely leaf tincture. i use it to brighten formulas, aid in digestive blends, bring some vitamin c in to an immune-boosting tonic, & as an emmenagogue. on that note, \*please be aware\* that parsley is one of the strongest emmenogogues i use ~ with that said, do not use medicinal or excessive doses of parsley if you are pregnant! little bits are fine, but this recipe would best be saved for the postpartum period when you need to double up on nourishing foods & herbs

the recipe for this month is one that combines the sweetness of honey with the pungency of parsley. it makes a lovely spoonful on its own, but also a perfect addition to your morning tea, & immune-support blends, & really anything you can think to put honey on!

enjoy!

# ingredients

- a big handful of fresh parsley ~ any species will do (organic or garden-grown is best but optional!)
- raw, local honey
- pint mason jar
- scissors/kitchen knife

\*note: using raw, local honey is my preferred method, but any honey will do in a pinch!

# recipe

- rinse off your parsley & chop it up
- once you have cut it all up, add it into a clean pint jar about halfway full

- pour your honey over them & patiently allow it to sink to the bottom, covering all of your plants (you can stir with chopsticks or a wooden spoon if you need) making sure that your parsley is fully covered with honey
- place a lid on your jar, labeling it with the date & contents
- place your jar in a sunny windowsill ~ keeping it warm will allow the herbs to better infuse & bring an extra bit of golden magic into this already golden medicine
- visit the jar daily to gently turn it & recite the blessing beside it if you wish
- after 3-4 weeks, strain the honey with a sieve into a clean jar, keep it in a cupboard & use lavishly
- keep your strained parsley & add into salads, baked goods, or to make a sweet sun tea with!