

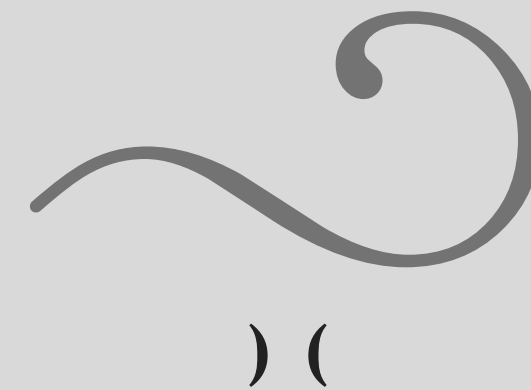


JANUARY'S RECIPE

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# *THE SCENT OF A SIMMER*

a lovely way to fill house & home



MOON BY MOON APOTHECARY

# *january*

is a time of restructuring, envisioning, slowing down, & deep dreaming. it is normal to feel the little wisps of nostalgia for warmer times, the readiness for spring now. i have always felt it is because there is so much brewing under the surface, so much stirring, visions & hopes talking in their sleep, that it can feel hard to contain them

one of my favorite things in the world is scent ~ it is such a special, unique language that we each have our very own relationship to. i love how scent can fill the home, making it feel more alive in doing so, more bright & fresh yet familiar, lived in

this brings me to a little recipe for a simmer pot. it is such a simple, lovely way to change the atmosphere of the home, to call in the warmth & life of the plant world, to feel greeted & held by the scent of smell. it is also something that most people already have going, even if they don't know it! this time of the year we are more prone to making soups, decoctions, baking treats. these are no different than the simmer pot, each filling the space with their unique scent & energy

feel free to tweak this recipe as you like, placing in your favorite scents, or making brews specific for sleep, ones that are invigorating, others that are full of love. just experiment & enjoy ~

## you'll need

- 1 apple, sliced with skin on
- 3-5 bay leaves
- 3 cinnamon sticks
- 1-2 branches of rosemary
- 1 tsp. hawthorn berries
- 1 tsp. cardamom pods
- a flower essence of your choice (i like apple blossom or cayenne for this one)
- 5 cups water
- a medium stock pot

## recipe

- begin placing each of your ingredients in your medium pot
- bruise the leaves of your herbs to release their scent before adding them into the pot
- add your water & 3 drops of your flower essence
- bring your brew to a boil for a few minutes
- reduce to a low simmer, uncovered
- your simmer should last for a few hours, but continue to add water occasionally to avoid burning your fruits & herbs