

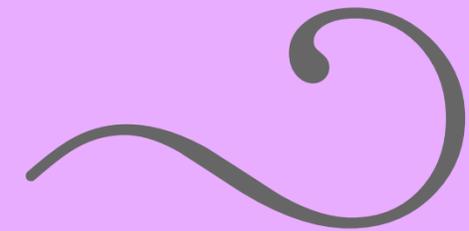


APRIL'S RECIPE

VIOLETS

ARE

BLUE



) (

MOON BY MOON APOTHECARY

april showers us with all manner of beautiful plants here in north carolina. one of my favorites is the violet, which can be found in most backyards from here to maine to texas & california. this resilient & unassuming beauty comes in many shapes, shades, & species... but all can be used interchangeably for a lovely & gentle nutritive tonic. beyond their beauty & subtly sweet flavor, violets are full of nourishing minerals & vitamins such as a & c

one of the best ways to extract these nutrient-rich qualities is to make an infused-vinegar, oxymel, or shrub. vinegar is able to extract vitamins, minerals, flavonoids, essential oils, & alkaloids from plants. plus, vinegar assists in the uptake of calcium & iron into our cells, so there is even more health benefit to sipping on some infused-vinegars

i especially like infused vinegars in the spring & summer months, because they help me stay cool & hydrated! so without further ado, i will present this special violet-based recipe to you. you can bottle this up & add it into sparkling or still water, ontop of salads or other foods, add a dash to a facial toner, or just take it by the dropperful ~ enjoy!



ingredients

- fresh violet flowers & leaves -- any of the species will do!
- a good handful of blueberries
- raw, with the mother apple cider vinegar
- raw honey

*please make sure you properly identify your violets before picking them! the best way is to ask a friend who knows their plants or to get an illustrated field guide for your area! once you get to know violets, they will be unmistakable, but until then, don't be shy when it comes to identifying them!

recipe

- collect your violet flowers & place them in a mason jar along with your blueberries
- pour equal parts honey to vinegar over the berries & flowers until they are fully covered, adding a dash more of vinegar if needed
- place your jar in the fridge
- let your potion infuse in the vinegar for 2-4 weeks (remember, longer = stronger!)
- once you have let them sit long enough, strain the liquid into a separate jar or bottle
- give it a label, & enjoy!

*one little note: you do not have to do equal parts honey : vinegar, you can certainly play around with this ratio! less honey will be less sweet, more will be more ~ so, follow your gut