



Soups, Syrups and Infusions

with Robin Rose Bennett at the New York Open Center

October 11, 18, and 25 6:30-8pm

Dear Students:

I invite you to participate even more experientially in our upcoming classes by doing the following optional activities during our classes:

Week 1:

Make the following tea:

BASIL TEA

Put 2-3 tablespoons of dried basil, loose or in a filter or tea ball, into a pint jar or a mug. You can use any species of basil (*Occimum*) such as Genovese, Tulsi, Thai, etc.

Pour boiling water over the herbs and cover the mug with a lid or plate. Let sit for 15-30 minutes. Strain and we'll share our basil tea together at the beginning of class



Week 2:

Bring supplies including a one pint jar to make one of the following two recipes as I talk about their medicinal benefits during class.



THYME-GINGER EUPHORIC ELIXIR

1 cup fresh thyme (or 1/2 cup dried)
2–3-inch piece of fresh ginger root
Unflavored brandy
Honey (raw, buckwheat if possible)

Cut up the fresh thyme, and grate the fresh ginger (if organic, include the peel). Put the herbs into a pint or slightly larger jar.

Pour brandy to cover the herbs. Top up the rest of the jar with honey. Stir it all in together well. Cap the jar and wait 6 weeks. If you can't wait, use it by the teaspoon or tablespoon, and then top up the jar again with brandy or honey.

When it's ready, pour off the liquid and squeeze out the herbs; or leave them in and use just the liquid.

Take 30–60 drops of the elixir in tea or hot water, or drink it straight by the teaspoon, tablespoon or shot glass.

OR

GINGER-ROSEMARY BRANDY

2–3-inch length of fresh ginger root (or to taste)

1 cup fresh rosemary leaves (or 1/2 cup dried)

Any good aged-in-oak brandy

Chop or grate the ginger, and cut up the rosemary leaves. Put them into a one-pint jar. Amounts can be adjusted to your taste (and adjust accordingly if you use a larger jar). Fill the jar to the top with brandy. Wait 6 weeks or longer. Decant.



Week 3:



BRING:

1 pint jar

A small- medium sized onion*. (garlic if you prefer, enough to fill your jar about 1/3 full)

Enough honey to fill the jar

Cutting board and knife

There are hundreds more recipes like these in my book, [*The Gift of Healing Herbs- Plant Medicines and Home Remedies for a Vibrantly Healthy Life!*](#)