

# The Center at Orchard Hill “Make Something” Sample Recipes:

## Non-Comedogenic Daily Face Oil or Butter

Makes 10 - 12 4oz jars:

1 ½ cups herb infused sunflower oil (calendula, comfrey, plantain, St. johnswort) See recipe below.

1 cup shea butter (use ½ cup for a lighter oil that can be pumped)

½ cup jojoba oil

60 drops frankincense oil

24 drops tea tree oil

36 drops lavender essential oil

36 drops lemon essential oil

Place oils and shea butter in a quart jar in a pot filled part way with water. Turn heat to low and heat slowly until all oils and shea butter are melted.

Remove from heat and allow to cool slightly. Add essential oils and pour into 4 oz jars or pump bottles. Makes 10

## Herb Infused Sunflower Oil

Fill a quart jar about ¾ full of dried herbs you want to infuse into the oil.

Pour carrier oil over the herbs to cover.

Place the jar in a pot of water and set over a low flame. The water should be very hot but not boiling for about 4 hours.

Strain herbs, squeezing to extract as much oil as possible.

Discard herbs and use the infused oil in your salve recipe.

# Raspberry Lemon Nettle Seed Shrub

1 cup raspberries

A handful of nettle seeds (crushed in a mortar and pestle)

1 lemon, sliced, with rind

Apple Cider Vinegar (the real kind with the mother, preferably made by Anton from Orchard Hill apples!)

Place all ingredients in a quart jar and cover with apple cider vinegar.

Let steep for 4 - 6 weeks.

Strain out fruit and herbs.

Add honey (1/2 cup per quart).

## Why make a shrub?

Here at Orchard Hill we have a lot of unsprayed, lovingly tended apple trees. Anton likes to make apple cider vinegar, and there are so many health benefits to this stuff. When infused with herbs and the berries of summer, the result is a tasty, fizzy, strong and healthy drink complete with probiotics that can be poured over ice, or added to seltzer for a tasty, refreshing and healthy drink. Some have even been inclined to add this to their favorite spirit for a refreshing cocktail.

## Sauerkraut

These measurements make one half gallon jar:

5 lbs shredded cabbage

4 - 5 cloves minced garlic (optional)

1 med onion, sliced (optional)

3 tbsp coarse sea salt

1 tbsp caraway seed

Place all ingredients in a large bowl and pound with a wooden sauerkraut pounder or potato masher for about 10 minutes to release juices. Place in half gallon jars or sauerkraut crocks and continue to press with the pounder until quite juicy. Place an intact cabbage leaf on top and press until all the cabbage is beneath the level of the juice. Fill an 8oz mason jar with water and cover. Place this on top of the cabbage leaf to hold the cabbage under the juice. Cover with a towel and leave at room temperature for 3 - 4 days before moving to cold storage.

## Fire Cider

To make 30 quarts:

5 lbs ginger

5 lbs horseradish

30 onions

300 cloves garlic

60 jalepenos

30 lemons

60 tbsp dry or 90 sprigs fresh rosemary

30 tbsp fresh turmeric root

7 1/2 cups honey

Shred roots and garlic, mix together until evenly distributed.

Slice jalepenos, onions, and lemons, keeping separate.

Set out 30 quarts and divide the roots and garlic mixture equally among the jars.

Place an equal amount of jalepenos, onions, and lemons in each jar.

Place an equal amount of rosemary in each jar.

Top with vinegar. Keep in a cool, dark place and shake daily for 6 weeks.

Strain and add 1/4 c honey to the liquid from each quart jar.