

Remedies from the Hive

By Tracy and Deborah | BeeChicas | BEECHICAS.COM



Honey is amazing. It's anti-bacterial, anti-septic, anti-viral, anti-fungal, soothes burns, promotes tissue healing, promotes your immune system, reduces stomach upset. Honey is moistening for the respiratory tract and also an expectorant for the lungs.

Keep your honey raw by heating to below 105 F. Heating destroys the active enzymes and some vitamins in honey. Information on how to make your own wound ointment (commercial brand, MEDIHONEY, is used in hospitals!) and the science behind how honey heals can be found here: <http://honeyointment.org/make/>

~~~~~Elderberry Syrup

Ingredients:

2 oz elderberries (about ¾ cup dry, or use 2 cups fresh berries)

1 cinnamon stick, 1 tsp whole cloves, fresh ginger shredded, and/or rose hips (optional)

4 c water

about 1 c honey

Optional: peach brandy

Gather a mason jar and strainer or cheese cloth. Simmer until decoction has decreased its volume by half (OR - bring to a boil, turn off heat, cover overnight, boil for 5 minutes in morning). Remove from heat and let cool until slightly warm. Strain decoction into jar with 1 cup honey (use up to one more cup for a sweeter syrup) and shake to combine. Label, date, store in the fridge or freezer.

Syrup will keep for up to 2 months in the fridge or 6 months frozen. To extend shelf life, add a generous dollop of peach brandy.

~~~~~Deborah's Propolis Tincture

By weight, combine one part propolis to nine parts of clear grain alcohol in a mason jar. We use Everclear or 70 proof or higher vodka. Do not use rubbing alcohol – poisonous! Shake well to mix. Store in a dark place or inside a paper bag and shake daily for a minimum of two weeks. Strain mixture through a cheesecloth or paper coffee filter and store in a dark jar with a dropper.

~~~~~Honey Propolis Throat Spray

Mix three TBS of propolis tincture (see recipe above) with two TBS of raw local honey and one TBS of water in a spray bottle.

Spray in the back of the mouth for a sore throat!

~~~~~Deborah's Propolis Oil

Add several inches of water to a saucepan and bring to a simmer. Mix 6.7 fluid oz. (200 ml) olive oil or any healthy oil with about (1) TBSP (.3oz or 10g) propolis in a mason jar. Place jar into simmering water atop a hot pad to keep jar from touching the pan. Place a candy thermometer into the oil and keep the heat no higher than 115F, stirring occasionally. Propolis will start to soften and may stick to the jar but will loosen with stirring. After 10 minutes, remove from heat and strain into a dark glass jar. Store in a cool place. Oil will keep for several months.

Resources:

Food and Agriculture Organization of the United Nations:

<http://www.fao.org/3/w0076e/w0076e00.htm>

Rebecca's Apothecary, herbmentor.com, learningherbs.com, bulkapothecary.com, mountainroseherbs.com

Two Million Blossoms: Discovering the Medicinal Benefits of Honey by Kristen S. Traynor