

Cedar Hill Homestead

Goldenrod Sumac-Ade



First Things First

Harvest your Sumac & Goldenrod! I should note that the Goldenrod is completely optional. I sometimes add Ironweed or Raspberry Leaves instead of or in addition to. The only non negotiable is the Sumac. The idea of adding these herbs is adding other cooling, astringent, tonic, digestive aids.



Tips:

Here in Tennessee, we have Smooth Sumac which is a dark, crimson red velvet color when ripe. Smooth Sumac has that velvety look because it is coated in a deliciously tart, red oily - powder which is where all the flavor is. That said, be sure to harvest after a couple dry days as the rain will wash that coating off. To harvest your Goldenrod, simply snip the flowering tops. You may use fresh or dried for this recipe! We make this recipe often so I am using dried.

Ingredients

For 1 Quart

2 Sumac Cones
2 Goldenrod Tops
1 Lemon (Optional)
1 C Agave or Sweetener
of Choice
1 Qt Water

For 1 Gallon

10 Sumac Cones
5-10 Goldenrod Tops
4 Lemons (Optional)
4 C Agave or Sweetener
of Choice
1 G Water

Tips:

With your hands, remove the small Sumac berries & Goldenrod flowers from their stems and set them aside.

Some folks prefer an overnight, cold infusion, but I have found I prefer pouring warm water over my herbs like tea to get a richer color and flavor. So at this point, I get my water heated on the stove. If you are using a non liquid sweetener such as sugar, you may add your sugar to the water at this point.

How To:

While heating, crush the berries & flowers with your hands or a mortar & pestle for a couple of minutes. You could alternatively put the mixture into a blender and let it blend away. Transfer the herbs into a teapot, french press, or if you are working with only a strainer, you may add the herbs to your pot of warming water.

I let the water get close to, but not boiling, then pour it over my herbs and let sit for a minimum of 2 hours. I usually make this before bed and strain in the morning so roughly 8 hours.



How To:

Next you're going to strain your herbs and give them back to the Earth.

At this point, I stir in my Agave & juice of Lemon.

The Lemon is optional because, traditionally - the Sumac takes the place of the Lemon. However, we LOVE tart, astringent flavors in this house so we add Lemon too.



**Now enjoy this high
Vitamin C, Antioxidant
rich, Gut regulating and
utterly delicious Sumac-
Ade!**

