

A top-down view of a wooden cutting board. In the center, there is a pile of coarse white salt. To the left and right are several pieces of citrus peel, likely grapefruit or orange, with some of the white pith still attached. Sprigs of fresh rosemary are scattered around the salt and peels. The lighting is dramatic, highlighting the textures of the wood, salt, and citrus.

**THE LOST TASTEBUD**  
**BITTER-SWEET**

4 delicious bitters-forward cocktail recipes to impress your friends and improve your digestion



# THE STORY OF CAROLINA BITTERS

*every bottle has a tale to tell*

My four grandparents were tobacco farmers, at the mercy of the elements and a fluctuating tobacco market. They raised my parents with a strong work ethic and a heart for loving the land's bountiful harvests. My childhood is filled with fond memories and sweaty work in strawberry fields, driving tractors, pulling weeds, pressing cider, shucking corn, and preserving food.

Carolina Bitters honors the hardworking farmer of today and those who walked before us tending the land. The label features my mother Rose and Edna Love in the early 1950s planting tobacco with my grandfather Victor Walters on the tractor.

Our special blend of NC gentian, dandelion, reishi, artichoke, and rosehips is a formula representing the dedicated farmers who worked the land come rain or shine, heat or cold, sweet or bitter. May you make memories with your family and our Carolina Bitters and thank you for supporting farmers and wildcrafters across the Tarheel state.

*- Jeannie*

Red Moon Herbs Director

A clear glass filled with a reddish-purple liquid, ice cubes, and a slice of lemon. The glass is set on a wooden surface with several fresh blueberries scattered around its base. The background is a light-colored wooden wall.

# RESPECT-YOUR-ELDERS MARTINI

1/2 oz elderberry syrup (OR 1/4 oz Elderberry Elixir or Extract AND 1/4 oz simple syrup/agave)

1/2 oz elderflower liqueur

2 oz vodka

2 dropperfuls Carolina Bitters

generous squeeze lemon juice

Combine the ingredients in a shaker filled with ice. Shake for 30 seconds and pour into a chilled martini glass. Garnish with lemon or lime.

*Red Moon Herbs*




*25th  
Birthday*

**HERBAL  
HAPPY  
HOUR**

Saturday, Oct 12  
12:30-1:30 PM  
Southeast Wise  
Women's Herbal  
Conference

**RED  
MOON  
HERBS**

# RED MOON RISING OVER APPALACHIA



2 oz red wine (try mulled wine for a little spice)  
1/2 oz bourbon  
1/2 oz simple syrup (or 1/4 oz agave)  
fresh ginger and orange wedge  
2 dropperfuls Carolina Bitters

Combine the ingredients in a shaker filled with ice. Shake for 30 seconds and pour into a chilled goblet. Rub ginger around the rim, squeeze orange into glass and garnish with peel.

# BITTERS BENEFITS

- Traditional digestive tonic
- Promotes healthy blood sugar levels
- Cools, fortifies, and stimulates the digestive system, including proper nutrient absorption and elimination
- Nourishes and tonifies liver and gallbladder
- Supports and balances appetite
- Supports healthy bile production
- Helps maintain low level sweet cravings
- Optimizes digestion and supports GI health before and after meals

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# ROSEMARY CITRUS OLD-FASHIONED

To make rosemary syrup, add a few sprigs fresh rosemary, a few orange slices (w/peel), 2 tbsp sugar, and 1/4 c water to a pot and heat gently on low for about 3 minutes. Strain and cool.

2 oz whiskey  
2 oz club soda  
1 oz rosemary simple syrup  
2 dropperfuls Carolina Bitters  
lemon juice

Combine whiskey, syrup, and Bitters in a shaker filled with ice. Shake for 30 seconds and pour into a chilled glass. Top with club soda and lemon juice. Garnish with rosemary sprig.



# GINGER DARK AND STORMY

4 oz ginger beer or kombucha (OR club soda w/4 dropperfuls Red Moon Herbs Ginger Extract and a splash of simple syrup/agave to taste)

2 oz dark rum

2 dropperfuls Carolina Bitters

lime juice

Fill a cocktail glass with ice. Add Bitters, lime juice and ginger beer (or alternative). Slowly pour rum on to create a 'storm'. Stir to combine.

Garnish with candied ginger.



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VER, RED

**Synonyms.** Trefoil. Purple Clover

**Part Used.** Blossoms

**Habitat.** Abundant in Britain, throughout Europe, Central and Northern Asia from the  
Mediterranean to the Arctic Circle and

**Description.** A perennial, but of short  
duration, generally abundant on meadow  
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Clivers was also used as an ointment for  
scalds and burns in the fourteenth century,  
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and Tringbledes (Tringbledes) the last  
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It was later used for colds, swellings, etc.,  
the whole plant being rather astringent, and  
on account of this property being of service  
in some bleedings, as well as in diarrhoea.  
Clivers tea is still a rural remedy for colds in  
France as a  
poultice to sores and blisters.

Gerard writes of Clivers as a marvellous  
remedy for the bites of snakes, spiders and all  
venomous creatures, and quoting Pliny, says:  
'A pottage made of Cleavers, a little mutton  
and of meal...'  
Culpepper recommends Clivers for ear-  
ache.

See CHENOPODIUMS, BEDSTRAW, WOODRUFF  
MADDER, CROSSWORT.

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