

SCHOOL OF TRADITIONAL HEALING ARTS

HERBAL BITTERS



INGREDIENTS

- 10g Yellow Dock root
- 4g Fennel seeds
- 10g Burdock root
- 120 ml of 60% Alcohol

KITCHEN SUPPLIES

- 8 oz jar with lid
- clean coffee or herb grinder
- measuring cup
- Press cloth
- Bowl

PROCEDURE

- 01** Grind all herbs until they become a coarse powder.
- 02** Place herbs in jar.
- 03** Dilute alcohol, if needed, to reach 60% ABV.
- 04** Pour alcohol over herbs, pressing herbs down to make sure that they are completely covered by alcohol. You may use a weight to help keep herbs submerged.
- 05** Put the lid on, label, and store in a cool dark location for at least 3 weeks, shaking the maceration occasionally.
- 06** When your maceration is complete press out your herbs.
- 07** To use your bitters: Take 5 drops up to a 1 dropper full 15-20 minutes before meals for best results.