



Spring Tonic Honey

- fresh dandelions and violets (make sure they are from unsprayed areas)
- raw, local honey (try your local farmer's market for some)

Remove the green from the dandelion so that you have just the yellow petals. (Some bits of green might remain, that's okay.) Remove the stems from the violets, but you don't have to individually remove the petals.

Now, stuff these flowers into a small jar and slowly pour your raw honey over them. Stir with a knife to remove air bubbles. Let this sit in a cupboard for several days (some sources say several weeks) to allow the flowers to infuse into the honey.

Once sufficient time has passed, you can strain the flowers from the honey by slightly heating the mixture (don't go above 110 degrees F or the benefits of raw honey is negated) then straining through cheesecloth. Alternatively, you can do what I do and just leave the flowers in and spoon around them. You can actually eat the honeyed flowers by the spoonful too. I find them quite yummy!

The shelf life of this honey is at least a year, but if you don't strain the flowers be sure to check for freshness each time before consuming.



Ways to use your Spring Tonic Honey:

- **Seasonal Allergies:** The general recommendation is to take one tablespoon of raw honey per day to help alleviate seasonal allergies. You can stir this into hot tea, but make sure not to heat the honey over 110 degrees so that you don't destroy the benefits of it being raw. Remember, honey is only recommended for those over the age of one year old.
- **Detoxing (Blood Cleansing):** Take one to two tablespoons of unstrained Spring Tonic Honey per day. Eat the flower petals as well! For a stronger liver detox, you can make a tea from dandelion leaves and drink daily. (Finely mince leaves and place in a jar. Pour boiling water over and cap with a saucer. Let sit until cool enough to drink.) Note: therapeutic levels of dandelion are contraindicated for those with active gallstones or on prescription diuretics.
- **Face Wash:** This is not only great for acne but for dry, flaky skin as well. Honey seems to balance your skin no matter what type it is. Gently rub Spring Tonic Honey over your face. Rinse clean with fresh warm water. Towel dry softly. Straight dandelion sap, dabbed directly on blemishes, may help as well. Be careful not to get the sap in your eyes.
- **Sore Throat:** Take by the spoonful for sore throats caused by allergies or spring time colds. The extra nutrients and demulcents in the flowers help boost the soothing factor. If sinus drainage is making you feel a little queasy, try adding a dash of powdered ginger to the honey as well.