

Jessica Hueser and Elli Reilander

Making Syrups for Colds & Coughs



Presentation on the **UBC Learning Circle**
Vij's Kitchen in Partnership with the
Indigenous Research Partnership in the Faculty of Land and Food Systems

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Making Syrups for Colds and Coughs

with Jessica Hueser & Elli Reilander

****Disclaimer*** This presentation and the following recipes are for educational purposes only. If you have a medical concern, please consult with a healthcare practitioner. When working with herbs and plants, do not ingest anything that you are unfamiliar with.*

About Syrups

Decoctions are a form water extraction that is used typically for tougher plant material such as bark and roots because it involves simmering the plant material for at higher temperatures and longer durations than an infusion (tea). Decoctions can also be used to create stronger medicines by reducing the amount of volume. This reduction is what we use to make syrups. Syrups are made with a combination of a strong decoction of whatever plant material you plan on using and honey. They are a great way to deliver medicine in a way that tastes good plus; the honey is very soothing to the throat.

Basic Syrup Recipe

Equipment

- Scale
- Measuring cups
- Sauce pan
- Strainer or cheese cloth
- Water (preferably filtered)
- Honey (see below for sweetener alternatives)

Steps

1. Use 2 oz. of herb mixture to 1 quart of water. Over low heat, simmer the liquid down to 1 pint. This will give you a very concentrated tea.
2. Strain the herbs from the liquid. Pour the liquid back into the pot.
3. To each pint of liquid, add 1 cup of honey (or other sweetener).
4. Warm the honey and the liquid together only enough to mix well. Most recipes instruct you to cook the honey and the tea together for 20 - 30 minutes over high heat to thicken further. It certainly does make thicker syrup, but I'd rather not cook the living enzymes out of the honey.
5. When the syrup is thoroughly mixed, you may wish to add a fruit concentrate to flavor, or a couple of drops of essential oil, such as peppermint or spearmint, or a small amount of brandy to help preserve the syrup and to aid as a relaxant in cough formulas.
6. Remove from the heat, bottle, and label. Syrups will last for several weeks, even months, if refrigerated.

Sweetener Alternatives: maple syrup, vegetable glycerin, honey

Recipes

Elderberry Syrup

- 1 cup fresh or ½ cup dried elderberries
- 3 cups water
- 1 cup honey

Follow the instructions of the Basic Syrup recipe using these ingredients. Without added preservatives, syrup will store for up to 2-3 months refrigerated.

Resource: Herbal Recipes for Vibrant Health by Rosemary Gladstar

Overnight Onion Syrup

- 1 medium onion (yellow or red)
- ¾ - 1 cup honey

Slice onion into strips, place in jar or bowl. Pour honey over top. Cover and let sit overnight (minimum 6-8 hours). Strain off liquid.

Consider adding or using garlic to the syrup.

Lavender Simple Syrup

- 1 cup water
- 1 tbsp dried Lavender buds
- ½ cup honey
- Added to sparkling water, and added blackberries

Bring water to a boil. Add lavender buds. Simmer for 15 minutes. Strain off lavender. Add honey. Cool. Keep refrigerated and add to sparkling water to create a refreshing summer spritzer.

Ideas for other culinary simple syrups

- Herbs: mint, spearmint, rosemary, basil, chamomile, lavender, elderberry, vanilla, thyme
- Vegetables/Fruits: berries (any kind: blueberry, blackberry, cranberry, saskatoon berry, strawberry, raspberry, etc.), cherry, lemon, lime, pineapple, orange, mango, beet
- Pantry items: cinnamon, dill, nutmeg

Bottling:

- Make sure syrups are in a sealed container
- Refrigerate to increase shelf life
- Shelf life is variable but averages between 6 months - 1 year. Discard if product shows signs of spoilage (eg. Mold)

Dosing:

Check with your licensed healthcare practitioner for appropriate dosing.

Herbal Resources:

Books:

- Rosemary Gladstar's Herbal Recipes for Vibrant Health by Rosemary Gladstar
- The Herbal Medicine Cabinet: Preparing Natural Remedies at Home by Debra St. Claire
- The Boreal Herbal by Beverley Gray
- The Healing Remedies Sourcebook by C. Norman Shealy

Great Vancouver Area Stores:

- Finlandia Pharmacy, 1111 W Broadway, Vancouver, BC V6H 1G1
- Gaia Garden Herbal Dispensary, 2672 W Broadway, Vancouver, BC V6K 2G2
- Quiddatas, 1906 Commercial Dr, Vancouver, BC V5N 4A7
- Voyageur Soap and Candle, 19257 Enterprise Way #14, Surrey, BC V3S 6J8
- Honeybee Center,
 - Two locations:
 - 4125 Main Street, Vancouver, B.C. V5V 3P6
 - 7480 - 176 Street, Surrey, B.C. V3S 7B1

Katzie First Nation Health Center

Location:

- Band Office: 10946 Katzie Rd, Pitt Meadows, BC V3Y 2G6

Contact Information:

- Receptionist: Amie Angel
- Phone: [604-465-8921](tel:604-465-8921)

Naturopathic Clinic:

- 2x Shifts per week
- Potentially 4 - 6 patient times available
- 4 interns available

About Jessica & Elli

Jessica Hueser (Cree) (<http://jessicahuesernd.com/>) is a member of the Lac La Ronge Indian Band, from Northern Saskatchewan. Her journey in naturopathic medicine began after completing a Bachelor of Science degree in Biochemistry from the University of Saskatchewan. She is an active part of her community volunteering and participating in Pow Wows, soccer, and Culturally Relevant Urban Wellness (CRUW). She continuously finds ways to practice and share knowledge from traditional Aboriginal cultural and medicinal practices. Jessica is currently in her 4th year at Boucher Institute of Naturopathic Medicine.

Elli Reilander (www.themedicinalkitchen.com and follow her on Facebook www.facebook.com/themedicinalkitchen/) has always had a connection with nature. Growing up surrounded by the Salish Sea and in the Coastal Temperate Rainforest, it was no surprise that she enrolled in natural sciences at the University of Victoria. During that time Elli worked as an educator with several organizations including, Seaquaria In Schools, SeaChange Marine Conservation Society, and onboard BCFerries as a Coastal Naturalist. After completing a Bachelor of Science degree she went on to work as a Senior Park Naturalist in Goldstream and Rath Trevor Provincial Parks. This was where she became fascinated by the rich history and diversity of the traditional and natural medicines that surrounded us. Elli is currently in her 4th year at Boucher Institute of Naturopathic Medicine and is passionate about bringing together her love of nature, medicine, and education.