



## YOUR IMMUNITY TOOLKIT: GARDEN AND KITCHEN REMEDIES

Before you start making anything I invite you to stop and read this introduction

There are two important entities I want you to consider:

### THE PLANTS

It's really important that we get to know and utilise the everyday plants that are all around us and grow readily in our environment. They're easily accessible and often are so common that they're classed as weeds. Right now, we're realising, even more than before, how important it is to not be reliant on outside sources.

It's also important that when we harvest plants we stop and connect with them first, we give thanks to them for being there for us, we ask permission to harvest them and we don't over harvest. We need to show them respect; they're living beings too. And when we 'take' the vinegar, or tincture etc, please reframe your thoughts so you are 'receiving' it instead of taking it.

### THE PEOPLE - YOU

Like every aspect of our bodies - our immune systems aren't these separate little systems that work alone - it's not like our bodies are divided into clear-cut divisions - our immune system is a part of us that works in balance with all other parts, and we are beautifully complex organisms. It's an old naturopathic joke that we never see just an irritable bowel, or a tired immune system walk into our clinic - it's a whole person. So, to look after our immune systems we need to look after our whole selves - body, mind and soul. On a body level i.e. the physical, in order to look after our immune systems we need to look after our digestion, we need to eat well, rest well, sleep well, breathe well, play, laugh, and generally enjoy life.

And now because we are being sensible let's discuss a few common-sense cautions.

If you are gathering plants, make sure you're collecting them from areas that are 'clean' - you don't want to harvest plants where all the local dogs have been peeing and poeing, and you don't want to harvest where the local council (or your neighbours) have been using chemicals. Look for areas off the well-trodden path and where you can see that there aren't dead areas of weeds, grass etc.

None of the information I'm presenting takes the place of a one-to-one consultation with your own health care practitioner, while these herbs are all safe to use, if you have any chronic health issues, please check that the herbs I mention are safe for you.

If you are pregnant or breastfeeding please check with your own herbalist.

## THE RECIPES

### **RIBWORT** (*Plantago lanceolata*)

Ribwort, also known as plantain, is a wonderful herb for the respiratory system. It has anti-inflammatory, antibacterial, anti-allergic and wound healing compounds

It may help in relieving dry coughs, sore throats, mild bronchitis, bronchial asthma, excessive phlegm, hay fever, catarrh of the respiratory tract.

It has unusual dual properties, being both mucilaginous (gooey and soothing to irritated membranes) and astringent (drying to runny secretions such as a runny nose).

### **TO ENJOY AS A TEA**

Pour 150ml of boiling water over 2-4g of chopped ribwort leaves with and strain after 10 to 15 minutes. To make better use of the mucilage, put the infusion in cold water, strain after 2 hours and bring briefly to the boil.

### **TO ENJOY AS A FRESH PLANT TINCTURE**

Adult dose - 1 ml three times daily

### **INSTRUCTIONS**

1. Harvest.
2. Either rip the ribwort leaves by hand, chop well with a sharp knife, or grind them in a mortar and pestle (wet or dry). Add them to a sterilised jar.
3. Pour in vodka or brandy in a 2:1 ratio (2 parts alcohol, 1 part fresh ribwort). You don't need to be too exact, use your intuition and wise judgement, as plant properties will vary from specimen to specimen and season to season.
4. Label the jar and seal with a tight-fitting lid. Leave it to sit for 4 to 6 weeks in a dark place, then strain through a fine cloth and store in a cool place.





# THIEVES' VINEGAR

Adapted from Aviva Romm

## INGREDIENTS

- ¼ cup each of fresh chopped tulsi, lemon balm, rosemary, thyme and sage leaves
- 4 cloves of fresh garlic
- 2 cups of apple cider vinegar
- You'll also need a glass jar with a lid - preferably not metallic

## INSTRUCTIONS

1. Strip the herbs from their stems and chop them on a cutting board. You don't have to chop them too finely - just enough to release their aromatic scent
2. Press or chop the garlic
3. Place the chopped herbs into the jar and press the garlic into it
4. Add enough vinegar to cover the herbs fully and seal the jar with a lid (if you only have a metal lid, put a piece of wax paper in between)
5. Refrigerate or leave in a cool place for 5 to 7 days, then strain the liquid into a clean glass jar or bottle.
6. Discard the herbs and you've got your vinegar. It's that simple!



## TO ENJOY AS A SALAD OR VEGETABLE DRESSING

To make a salad dressing, mix 2 tablespoons of the Thieves' Vinegar with 2 tablespoons plain apple cider vinegar and ¼ - ½ cup of extra virgin olive oil (or tahini), depending on how sharp you prefer your dressing. Add salt, black pepper, and optionally 2 teaspoons raw honey. Mix well. Dress your salad or steamed greens.

## TO ENJOY AS A TONIC

You can also use 1 tablespoon in water and use this as a tonic. Be careful because drinking vinegar everyday straight, or even diluted in water, can erode your tooth enamel so be sure to always brush your teeth after having it.

## IMPORTANT ADDITIONAL CAUTIONS

If you're pregnant, omit the sage from the recipe; it can cause miscarriage so don't use as a tonic - just enjoy occasionally as a salad dressing ingredient. Sage can also dry up breast milk, so if you're breastfeeding, it's okay to use it in salad dressing occasionally, but preferably, just omit the sage from the recipe.

# FIRE CIDER VINEGAR

Adapted from Rosemary Gladstar

## INGREDIENTS

- ½ cup grated fresh horseradish root
- ½ cup onion, chopped
- ¼ cup garlic, chopped
- A couple of finely chopped fresh birds eye chillies (or powdered cayenne pepper or whatever you prefer or have on hand)
- Just under ¼ cup fresh sage leaves, chopped
- Just under ¼ cup fresh rosemary leaves, chopped

## INSTRUCTIONS

1. Put all the herbs into a sterilised glass jar
2. Top with enough vinegar to cover it by at least 5 centimetres
3. After 3 to 4 weeks, strain it and keep the liquid – it's the bit you want! At this stage some people add honey. If so, warm the honey so it's easier to mix in and add it to taste.
4. Label it and store in the fridge or somewhere cool. It'll keep for several months.



## TO ENJOY AS A TONIC

Again, a small shot daily will be an excellent tonic (remember to always brush your teeth after having vinegar as it will erode tooth enamel). If you feel a cold coming on take it more frequently – e.g. a teaspoon added to warm water every few hours.

## IMPORTANT ADDITIONAL CAUTIONS

If you're pregnant, omit the sage from the recipe; it can cause miscarriage so don't use as a tonic – just enjoy occasionally as a salad dressing ingredient. Sage can also dry up breast milk, so if you're breastfeeding, it's okay to use it in salad dressing occasionally, but preferably, just omit the sage from the recipe.



## DOROTHY HALL'S KICK A GERM JOY JUICE – FOR WHEN YOU FEEL A COLD COMING ON

(the name explains it all)

### INGREDIENTS

- 1 or 2 cloves of garlic (preferably Australian and organic), peeled and crushed
- Juice of 1 lemon (and some grated or sliced rind if you know if the rind is free of pesticide and wax)
- ½ teaspoon powdered ginger or a thumb size piece of grated fresh ginger
- Pinch of cayenne pepper
- 1 tablespoon honey (preferably Manuka)
- 1 cup water just off the boil

### INSTRUCTIONS

1. Put all the ingredients into a large mug.
2. Mix it all well and drink the whole lot as soon as it's possible (don't burn your tongue!). If you can, eat or drink the solids as well as the liquid and then hop into bed, stay covered up and let it work its magic.

There are plenty of variations to this mix, another version is to fill a saucepan with a litre of water, put in all the above ingredients plus:

- 1 cinnamon stick
- ½ teaspoon cinnamon powder
- 6 cloves
- ¼ teaspoon fresh chopped chilli in place of the cayenne pepper

Bring it to the boil then carefully pour off into a thermos or insulated mug and continue to drink it warm through the day.



## ONION COUGH SYRUP

Chop an onion, cover it with brown sugar or Manuka honey (well, let's not get fancy, if it's a true kitchen cupboard remedy, any old sugar or any old honey will do just as well). Leave it to stand for a couple of hours, the sugar draws the syrup out of the onion, then sip a teaspoonful every couple of hours.

### REFERENCES:

The amazing library of herbal books and wisdom that I have gathered in a somewhat bower bird fashion over the past four decades.

### RESOURCES:

- My website - [www.sallykingsfordsmith.com.au](http://www.sallykingsfordsmith.com.au)
- For delicious simple recipes: Nina Kingsford-Smith - [www.ninakingfordsmith.com.au](http://www.ninakingfordsmith.com.au)
- For information about foraging: Diego Bonetto [www.diegobonetto.com](http://www.diegobonetto.com)
- For awesome books and resources on using the 'weeds' growing around us: Pat Collins - [www.patcollins.com.au](http://www.patcollins.com.au)
- For Aviva Romm's Four Thieves' Vinegar Recipe - [www.avivaromm.com/four-thieves-vinegar](http://www.avivaromm.com/four-thieves-vinegar)
- For other cider recipes: Rosemary Gladstar's book, *'Fire Cider! 101 Zesty Recipes for Health-Boosting Remedies Made with Apple Cider Vinegar'*

