

Wild Cherry Cough Syrup



Recipe 1

This recipe can be played around with to suit whatever you have growing around you or on hand to accompany the wild cherry bark, that is where the power lies. I didn't have access to wild cherries when I first made this, but I did have fresh rosehips and elderberries, so I substituted those in the picture above. However, if you have access to wild cherries always use them, the flavor is so delicious!

- 2 1/2 cups wild cherries
- 1 cup water
- 2 cups food grade vegetable glycerin
- 1/2 cup fresh grated ginger (1/4 cup dried)
- 1/2 cup fresh chopped mullein (1/4 cup dried)
- 1 cup wild cherry bark

Add cherries, water and glycerin to a pot over medium heat and steep for 20 minutes. Add ginger and mullein then let simmer another 20 minutes. Remove from heat and add the wild cherry bark. Let sit, covered for 2-3 hours. Strain and store in the fridge. Take a teaspoon at a time 3 to 4 times a day or as often as needed.

Recipe 2

This is a very simple version using basic tinctures to create a simple syrup.

- 1 part wild cherry bark tincture (alcohol based)
- 2 parts elderberry glycerite (vegetable glycerin based)

Mix the tinctures together well and take a teaspoon 3 to 4 times a day.