Cold Brew: Sweet Mullein

Mullein has a natural sweetness, reminiscent of honeysuckle blooms. It's delicious and promotes much easier breathing by aggressively clearing up sputum from the chest and head. Drink it before bed as a powerful decongestant.





Cold Brew: Sweet Mullein

To make a gallon **Cold Brew: Sweet Mullein** you'll need a heaping cup o**rganic mullein** - 3 cups cold purified water - 1 cup organic, local raw honey -plastic wrap - fine mesh strainer - measuring cup - one quart sized mason jar with cover - wide mouth, gallon sized jar with cover - a little less than a gallon cold purified water

Put the measured **mullein** and 3 cups cold purified water in the mason jar. Cover the jar with plastic wrap between the jar and its lid. Shake well and allow to steep on a counter for at least 3 hours. Shake once every hour. You can go ahead and strain it anytime after 3 hours of steeping, but I usually chill it in the back of the refrigerator 1 -3 days before I'm ready to strain it. In the meantime, stir the honey and cold purified water in the gallon jar and also chill it in the refrigerator, but make certain to leave enough room for the tea after it's strained. When you're ready, strain the cold **mullein** into the measuring cup, then pour that into the gallon jar with the chilled water.

Warm Mullein Tea

To make a proper cup of warm **mullein tea** simply steep a teaspoon of loose leaf (or 1 teabag) **mullein** ten minutes in 8 ounces of water.

Mullein Extract

To make full strength m**ullein extract** simply use one heaping cup organic **mullein** in a pint sized mason jar. Cover the **mullein** with any strong grain alcohol or Vodka. Layer plastic wrap between lid and jar to prevent the lid from rusting. Label the jar (Ex. **Mullein** 2/2/15). Store overnight in a dark, cool place. The mullein will absorb the alcohol, so for one week you'll need to top it off daily with more alcohol and give it a good shake to keep the herbs covered. After that, make it a point to shake the jar weekly for 4-6 weeks. Strain through a damp cheesecloth preferably into amber bottle, but, I normally give the jar a good cleaning and drying and pour it back into the same one. Store in dark, cool place. To use: take a half teaspoon with 8 ounces of water, juice or tea.

Mullein Saline

To make **Mullein Saline** set aside 8 ounces plain, organic **mullein** tea and while still warm, mix with ¼ teaspoon of kosher salt. (Use as a nasal rinse, gargle and/or mouthwash.) Keeps fresh refrigerated and covered for 1 week.

Mullein *(verbascum thapus)* is known to be miraculous in a way that it can be brewed and drank, smoked, used as a wash, or eaten. It's known to have antiseptic and anti-inflammatory properties, boost the health of your respiratory system, and safely provide sedative effects without being habit forming. **Mullein** is most effective in aiding cough and breathing. Inhale vapor from the hot tea to aid nasal congestion. It is also known to treat various forms of allergies; treat chronic bronchitis, coughs, asthma, pneumonia, congestion, and all types of respiratory and pulmonary issues; relax the muscles within the chest to loosen mucus and help expectoration; soothe the throat and chest; treat diarrhea and expel intestinal parasites like worms; treat bladder and urinary tract infections; lessen the pain from hemorrhoids; treat insomnia, anxiety or high levels of stress; treat earaches, eczema, inflammations, acne and minor wounds; cleanse the blood.

Organic Mullein is in stock. Be swift about contacting nicolechavous@me.com and place your order today! ***All my herbs, teas and spices are certified organic unless otherwise specified.***

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