Cold Brew: Mullein

My Story

Imagine me having an ordinary day at the grocery store browsing the bulk spice aisle. I see a package of fluffy, hairy buds. Upon first glance, I really believe I legitimately see a half ounce of weed, budded up and for sale for $1. But this is 2011 Texas. So, no way. Right?

Well, it wasn't weed. It was mullein *(verbascum thapus*). I pulled out my iPhone and went straight to Safari and searched. I read mullein is a spice used as a flavoring in many beverages and foods. It's been smoked for centuries for respiratory and pulmonary issues. How could all these wonderfully miraculous remedial benefits be true and I just then have learned of it in the grocery store? Why wouldn't my pulmonary specialist preach and teach to me about this like he pushed lab-rat prescriptions? Any natural herb this beneficial clearly eliminated the necessity to use dangerous steroids with illnesses like sarcoidosis and lupus, right? Who in their right mind would buy or take any synthetic drug if they knew what mullein in the spice aisle could do naturally for $1?

So yeah. I got home with the mullein and steeped a loose teaspoonful for 15 minutes. I used a fork to skim as much solid parts out as I could and first taste was neat without any added sweeteners or anything. Mullein has a natural sweetness that reminds me of honeysuckle blooms. It's delicious. After drinking it I was able to breathe much easier. It cleared up copious amounts of sputum from my chest and head and I slept like a carefree baby.

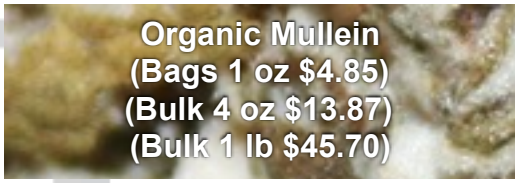
That next day was the day that I started sharing my herbal journey and lifestyle choices.

But, it was only very recently when I discovered this method of steeping called cold brew. And cold brewed mullein is especially a miraculous drink. You know I love to share, so here's my favorite cold brew Unsweetened Mullein recipe.

Cold Brew: Mullein



To make Cold Brew: Mullein you'll need a heaping cup organic mullein - 3½ cups cold purified water - plastic wrap - fine mesh strainer - measuring cup - quart sized mason jar with cover - wide mouth, gallon sized jar with cover - a little less than a gallon cold purified water



Put the mullein and 3½ 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. In the meantime, fill the gallon jar with cold purified water and also chill it, 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.

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.

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

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