Mullein

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 Tea To make a gallon **Cold Brew: Mullein** you'll need a heaping cup loose leaf o**rganic mullein** - 3½ cups cold purified water - 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

Directions: Put the measured **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. You can go ahead and strain it anytime after 3 hours of steeping, but I usually chill it in the back of the refrigerator a couple days before I'm ready to strain it. In the meantime, fill the gallon jar with cold purified water 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.





Organic Mullein *(verbascum thapus)* is most effective in aiding cough and breathing. Inhale vapor from the hot tea to aid nasal congestion. It is also known to: treat chronic bronchitis, coughs, asthma, pneumonia, congestion, and other respiratory problems; relax the muscles within the chest, loosen mucus, and help expectoration; soothe the throat and chest; treat diarrhea and expel intestinal parasites, such as worms; treat bladder and urinary tract infections, for example hematuria (bloody urine); lessen the pain from hemorrhoids; treat insomnia, anxiety or high levels of stress; treat earaches, eczema, inflammations, acne and minor wounds; it is also good for cleansing the blood, and treating various forms of allergies. Mullein 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.

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

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