



Therapeutic Citrus Tonic

The quantities for this recipe vary according to the size jar you are going to use, so you'll have to play it by ear.

- dried echinacea blossoms, linden blossoms, lemon balm
- organic lemons, limes and oranges
- local honey
- vodka

Scrub the citrus clean and slice it thinly. Make a layer of each and then a layer of the herbs, and alternate this way until your jar is $\frac{3}{4}$ full. Then add some honey (I used about $\frac{1}{2}$ cup for a liter jar) and fill the jar up with vodka. Put the lid on and shake well. Put in a cool, dark place and stir or shake about once a day. After 2 weeks, open the jar, stir contents well and then strain out the solids. Replace liquid in a clean jar and refrigerate.

Take a tablespoon on its own as a tonic, add it to hot tea or even use a teaspoon in a cocktail in place of bitters. I also love it mixed with gin or vodka over ice.