

## Rosemary Gladstar's Elderberry Syrup

### Ingredients










-  2 quarts fresh Elderberries
  -  1/4 cup water
  -  1/4 oz. grated Ginger Root
  -  1/2 tsp ground Cloves
  -  Honey
- Alternate: 1 qt dried Elderberries to 2 qt water, cook over low heat until liquid reduces by half

### Directions

1. Combine elderberries and water in a large sauce pan and simmer until the berries are soft.
  2. Strain the pulp, reserving the liquid in the pan.
  3. Add ginger and cloves. Simmer until liquid reduces to about half.
  4. Pour juice into measuring cup and note volume, return to pan.
  5. Measure out the same amount of honey and add to juice. Stir until combined.
  6. Cool. Store in refrigerator.
- \*Use within 12 weeks. To fight a cold or flu take 2 Tbsp multiple times per day.

## Lemon Thyme Lavender Cookies

### Ingredients

-  230g - (2 sticks butter)
-  170g - (about 2 C powdered sugar)
-  1 egg
-  2t vanilla extract
-  pinch of salt
-  2 T lavender
-  1 T lemon thyme leaves
-  Zest of 1 lemon
-  3 cups flour

### Directions

1. Beat butter and powder sugar until combined.
2. Add egg, vanilla, salt, lemon thyme, lavender and lemon zest.
3. Mix until combined
4. Slowly add in flour and knead until dough feels stiff and holds together when pressed.
5. Wrap and refrigerate dough for 1 hour.
6. Roll it out to about 1/2 inch thickness.
7. Dust the top with flour and cut into cookie shape.
8. Bake at 375 degrees F. for 10 minutes. Check that they are golden around the edges.