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ISSUE  
02



# All About Oxymels

Sweet and Sour Herbal Remedies



# Welcome

My name is Yaya (pronouns: they/them) and I am an artist and generational rootworkers, and MS candidate for Clinical Herbalism. I am also in love with herbal honey, rest, and dream medicine. I am committed to building and imagining a future that centers food & medicine sovereignty, autonomous self-liberation, and deep ancestral healing.

**This resource has been created for Philly Herb Hub. The Philly Herb Hub is a free community apothecary, currently available to Black folks in Philly. Through a growing mutual aid network of local growers, medicine makers, and herb enthusiasts, Philly Herb Hub is able to provide herbs and workshops free of charge.**

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# Content

**In this issue we will learn all about hebal oxymels! One of my favorite sweet treats and also a great source of herbal goodness.**

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# Why Oxymels?

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When fall comes around, at the height of harvest season, it's a good idea to start thinking about herbal remedies that will keep you healthy through winter. One thing I love about herbalism is that it has introduced me to a new way of thinking about time. Because many of my herbal remedies take time to distill and infuse, I have to think about what remedies I want to have around about 2 months before I want to be able to use them. So Fall becomes time to make medicine for the winter!

The ancient Greek word oxymeli translates to "acid and honey." The simplest definition is an herbal extraction of vinegar and raw honey. Most often, I see people using raw apple cider vinegar, which boasts a host of healthful qualities on its own. Bringing together the acid of apple cider vinegar with the healthful properties of honey is a fantastic way to get the benefits of both, while also extracting and ingesting supportive herbs, particularly pungent ones that aren't always pleasant to take on their own.

Both apple cider vinegar and honey have been used for millennia to help boost the immune system, soothe dry throats, and temper digestive issues. Organic apple cider vinegar is high in acetic acid, and when you use the raw, unfiltered version, you are also getting "mother" strands of proteins, enzymes, and helpful bacteria (similar to what one might enjoy in fermented kombucha tea). Meanwhile, the honey brings soothing qualities and provides germ-fighting properties. So, these two ingredients alone are beneficial to the body, and when you add herbs, you have an incredibly effective method of getting extra herbal support as well.

This herbal oxymel recipe with sage and ginger is easy to make and has many benefits for the immune system. It also happens to be deliciously sweet and sour!

One teaspoon of ground sage contains 10 percent of the daily value of vitamin K, which helps assist our bodies with bone health and blood clotting. The herb also reaps small amounts of other nutrients like magnesium and vitamin A. And that's just the beginning. Sage is packed with antioxidants that boast anti-inflammatory properties. Sage has antimicrobial properties. Historically, people have used sage internally and topically as a cleansing herb. "Sage is generally seen to be highly aromatic, and therefore rich in antimicrobial compounds. Sage can boost cognition, as well as aid with digestion!"

Ginger has been used for thousands of years for the treatment of numerous ailments, such as colds, nausea, arthritis, migraines, and hypertension. The medicinal, chemical, and pharmacological properties of ginger have been extensively reviewed. Ginger is strongly antispasmodic – which means that it helps tense muscles relax. Whether those muscles are crampy gut muscles, crampy skeletal muscles, or crampy abdominal & uterine muscles. Lastly, Ginger is famous for its anti-nauseant action: whether it's morning sickness, motion sickness, or just garden variety nausea, Ginger is very effective.

**Oxymels are sometimes called an oxymel elixir, and fire cider is actually a type of oxymel.**

# Fun Facts

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**The ratio of honey to vinegar can differ based on your needs and preferences!**

**Traditionally, Oxymels were made with more honey than vinegar.**

**Traditionally, Oxymels were made with more honey than vinegar.**

# HERBS TO USE IN AN OXYMEL

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There are many different herbs you can use when making an oxymel!

Many herbs you would use in a tincture could also be used in an oxymel. Some common ones that are typically easy to find are lemon balm, chamomile, bee balm, mullein, nettles, mint, and dandelion root.

**Some great herbs to use in an oxymel for immune support are elderberry, rose hips, echinacea, ginger, garlic, onion, sage, rosemary, thyme, oregano, and cinnamon.**

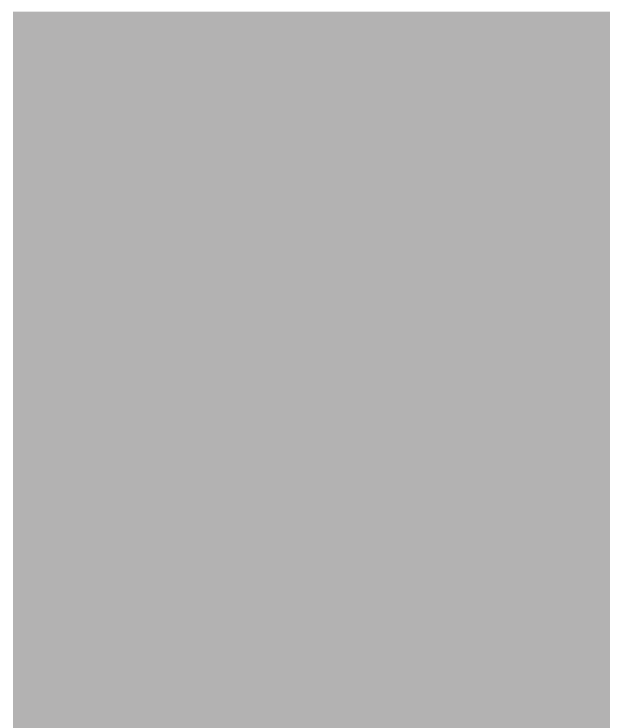
For this recipe, I'm using sage and ginger, which is a combination that I love. Sage is very beneficial for sore throats and coughs, and ginger is a warming immune system stimulant.



# SAGE & GINGER HERBAL OXYMEL

**.1**

**First, put some sliced fresh ginger in Jar.  
Then chop some fresh sage and add that to the jar with the ginger.  
You want the jar to be about 1/4 to 1/3 full of herbs.**



## .2

**Next, add some raw apple cider vinegar to the jar.**

This is where you can customize the amounts a bit based on your taste and preferences. I generally fill the jar about halfway with vinegar.



## .3

**Then add raw honey to the vinegar and herbs to fill the jar.**

Don't worry if the honey is thick, the vinegar will help it to dissolve and combine.



*Fill the jar as full as you can without overflowing it, as you don't want too much airspace on the top. This will prevent oxidation, which can make the herbs turn brown.*



# .4

**Then wipe the rim, cap the jar with a lid, and give it a few shakes to combine.**

*If you use a metal canning lid be sure to put a piece of parchment paper under it as the vinegar can react to the metal.*



# .5

**Put the oxymel in a cool place out of direct sunlight to infuse for at least a week and up to 30 days.**



# .6

**Store the strained oxymel in a jar with a lid in a cool place out of direct sunlight. It will keep for 6 months or more. It can also be refrigerated for a longer shelf life.**





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## HOW TO USE AN HERBAL OXYMEL

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This sage and ginger oxymel can be used in a similar way that you would use elderberry syrup. For adults, take 1-2 tablespoons 2-3 times per day when you feel a sickness coming on.

This oxymel can also be safely taken daily as a preventative.

In general, oxymels can be given to children over the age of one, **but be sure that you are using herbs that are safe for children.**

You may also want to use a higher proportion of raw honey, as the vinegar taste can sometimes be too much for kids.

This sage and ginger oxymel is safe for children, just use a smaller dosage based on their size.

**Oxymels should not be given to children under the age of one due to the raw honey.**

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# Sage & Ginger Oxymel

## Equipment

1 mason jar & lid  
Fine Mesh Sieve

## Materials

2" piece fresh ginger sliced  
1/2 cup fresh sage leaves roughly chopped  
1 cup raw honey  
1 cup raw apple cider vinegar

## Instructions

1. Put the sliced ginger and chopped sage into a wide mouth pint jar. The jar should be about 1/4 to 1/3 full of herbs.
2. Fill the jar about halfway with raw apple cider vinegar, more or less depending on your preference.
3. Add raw honey to the vinegar and herbs to fill the jar. Don't worry if the honey is thick, the vinegar will help it to dissolve and combine.
4. Wipe the jar rim, cap the jar with a lid, and give it a few shakes to combine.
5. Put the oxymel in a cool place out of direct sunlight to infuse for at least a week and up to 30 days.
6. Then strain out the sage and ginger with a fine mesh strainer before using. Store the strained oxymel in a jar with a lid in a cool place out of direct sunlight. It will keep for 6 months or more. It can also be refrigerated for a longer shelf life.

## Notes:

~Fill the jar as full as you can without overflowing it, as you don't want too much airspace at the top. This will prevent oxidation, which can make the herbs turn brown.

~If you use a metal canning lid be sure to put a piece of parchment paper under it as the vinegar can react to the metal.

~For adults, take 1-2 tablespoons 2-3 times per day when you feel a sickness coming on.

~This sage and ginger oxymel is safe for children over the age of one, just use a smaller dosage based on their size.

~Oxymels should not be given to children under the age of one due to the raw honey.

**Internal  
Preperations:**  
*Things you can eat*





## **PHILLY HERB HUB**

THIS RESOURCE WAS CREATED BY @SOLAR.YAYA