



Herby Lab Wisdom Quest

Wildling Wonder Juice

Ingredients

- Water
- Lemon juice
- Brown sugar or honey
- Cinammon stick
- 5 cloves
- 2 inch root ginger
- 1/2 cup elderberries or flowers
- 1 cup echinacea leaves
- 1/4 cup echinacea root
- 1/4 cup dandelion root
- A bunch of plantain leaves
- Nettle leaves(optional)
- 1 tsp of rosemary (optional)
- 1 tsp of oregano (optional)



Equipment

- A big pan.
- a wooden spoon.
- a mesh sieve or cheesecloth.
- a jar or bottle or jar to store the medicine in



Method

- Put the dry ingredients into a big pan
- Add water enough to cover the ingredients
- Boil the mixture gently for about ten minutes and then take off the heat and allow to cool for a few minutes (for an extra strong juice you can leave it to steep overnight!)
- Strain the contents of the pan through a mesh strainer or a cheesecloth
- Add honey or brown sugar and lemon juice to taste
- Pour into a bottle with a cork or screw topped lid and label





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How does it help?

This medicine is used to help our bodies when we suffer from colds and winter bugs. It can help us by giving us the vitamins and nutrients we need to keep us from suffering badly



How do I take it?

You can take it whenever you feel under the weather or have a cold or a winter bug. You can take 2 tablespoons as often as you need to



How do I store it?

The wonder juice will keep for up to one month in the fridge.

GROWN UPS – you can add equal parts of 40% alcohol to the mixture and it will keep for up to 3 months



1 month



Our bodies are amazing. They can heal and fight off infections and illness and the best way to keep them healthy is by eating good food and getting rest and exercise. Sometimes they need a little help from nature and Wildling Wonder Juice helps us to stay ready for adventure!