

Moon of Hyldemoer Herbal Vinegars & Oxymels

Herbal Infused Vinegars are such great ways to receive the vitamins & minerals from the herbs, added to salads, soups, greens. These vinegars are in clear bottles so one can see the glorious pinks, reds, yellows, browns that are created from these infusions, their glorious colors being part of their medicine.



Chives (*Allium schoenoprasum*) is a well-loved member of the Onion family & if you have seen the fluffy flowering pink tops that gather bees & other pollinators in early Summer, you will see this heartwarming & supporting pink medicine.

Lilac (*Syringa spp.*), oh the joyful childhood memories the scent of Lilac brings to me, this Oleaceae, or Olive family relation, (thus also a cousin to Ash!), offers the magic potential of Spring, the buzzing aliveness of the warm months & the solace of being in the present moment. Lilac is an anti-periodic, meaning they can support our bodies in warding off intermittent fevers & recurrences

of dis-eases such as malaria & possibly viruses traversing our landscapes today. The flowers are edible, are astringent, aromatic & a bit bitter. Thus, this vinegar, as many of these vinegars can be also used as a tonic for the skin. The aromatic action in our bodies offers healing many times through irritation which then brings blood flow & attention to this area. This vinegar thus may support the GI tract by bringing attention here, offering succor to such issues as constipation or flatulence.

Hawthorn Berry (*Crataegus spp.*) Organic apple cider vinegar infused with Hawthorn Haws or berries. Heart trophorestorative, immune supporting. Tightens & tones the tissues of the body offering strong cardiovascular support. Dear Hawthorn creates necessary boundaries for all types of love. Also assists with sluggish digestion. **(N.B. Those taking heart medication should consult their doctor before taking an excessive amount of Hawthorn internally.)**

Rose Petal Vinegar (*Rosa spp.*) Organic apple cider vinegar infused with Rose petals. Rose is called upon for its blood & liver tonic qualities & therefore is said to be a chi nourisher. The beauty of the rose petals also nourishes the heart.

Yellow Dock Vinegar (*Rumex crispus*) Organic apple cider vinegar infused with Yellow Dock roots. Full of iron & other necessary nutrients, this herbal ally supports strong blood, grounds as well as offers some relief from seasonal allergies. Delicious.

Purple Shiso (*Perilla frutescens*) Organic apple cider vinegar infused with Purple Shiso leaves & flowers. Gorgeous purplish, tasty vinegar offers immune, respiratory & nutritive support. Aromatic & warming.

Rowanberry (*Sorbus aucuparia*) Organic apple cider vinegar infused with Rowan berries. This vitamin C-rich, immune boosting ally makes a great addition to salad dressings, soups & spritzers, warding off illness in a tasty way.

Triple Aster (*Symphyotrichum novae-angliae/S. cordifolium/S. simplex*) Organic apple cider vinegar infused with Aster flower & leaf. This delicious vinegar brings us to the present moment, assists with calming those coughs that haunt in the middle of the night & those who deal with asthma.

Milky Oats (*Avena sativa*) Organic apple cider vinegar infused with Milky Oats. This grounding, nervous system supporting vinegar offers much Ca, Mg, Fe so that our emotional & physical hearts are upheld. Calming & stabilizing.

Pineapple Sage (*Salvia elegans*) Organic apple cider vinegar infused with Pineapple Sage leaves & flowers. This scrumptious vinegar offers digestive support, respiratory aid & immune health. An elegant ally, spreading their late season bright red flowers for hummingbirds to gather from. Passionate, excited & protective hummingbird energy.

Mugwort (*Artemisia vulgaris*) Organic apple cider vinegar infused with Mugwort leaves & flowers. Crone energy surrounds this vinegar, offering strong vitamins & minerals as we age, pain relief, & the reminder to stand in our stead.

Oxymels (*Herbal infused Vinegar & Honey, delicious*):

The word Oxymel comes from the Greek 'oxymeli' meaning 'acid & honey'. Oxymels are sweet & sour remedies combining honey & apple cider vinegar as a menstruum. Not only is one receiving the nourishment of the honey & the apple cider vinegar, but also the healing medicine from the

infused herb is delivered in a delicious concoction. Oxymels can be added to water, tea, or taken by the dropperful/spoonful.

Pink Rose Petal (*Rosa rugosa*) Heart supporter, emotionally & physically, cools heated conditions, astringes & tightens tissues, as well as moistens & softens hardened places & emotions.

Hawthorn Berry (*Crataegus spp.*) Heart trophorestorative, immune supporting. Tightens & tones the tissues of the body offering strong cardiovascular support. Dear Hawthorn creates necessary boundaries for all types of love. Also assists with sluggish digestion.

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Rowanberry (*Sorbus aucuparia & americana*) loved by Cedar Waxwings & people alike. This astringent Rose family relation offers immune support as we meet flus & colds going around that can cause harm to our bodies. Digestive & respiratory support as well.

Aronia & Thyme (*Aronia spp. & Thymus vulgaris*) This duet offers stellar immune support through the dark purple anthocyanin-rich Aronia berries & the camphor-like aromatics of the Thyme leaves & flowers. Both astringing & warming, this delicious warrior wards off the flus & colds that circulate during the cold times.

Black Currant & Thyme (*Ribes nigrum & Thymus vulgaris*) Oh this duet, when was first whispered to me, was like a jig dancing before my very eyes. The depths of the deepest purple black anthocyanins, of cooling astringency & mineral-richness mixed with the warming expectancy & movers of stagnancy of the one who lives so closely to the Earth. This duet holds court with our immune, nervous, digestive, respiratory systems & listens to our needs, adding support & strength to each desire. If even a tickling of a cold or illness is stepping in this Winter/early Spring, this oxymel taken morning & night will offer the succor our bodies need to warm these off.

I am not a doctor & do not diagnose, treat or cure. These herbs are for nourishing & supporting and do not proclaim to heal injuries or dis-eases. They are not a substitute for a health care practitioner.