

THE HERB BASKET

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HOME REMEDIES

Rejuvelac

1 C. dry grain – such as wheat berries

1 quart mason jar

Lots of clean water (preferably distilled), about 1/2 gallon

Take the grain and rinse it in clean water. Place the grains in the jar. Fill the jar up to 2/3 full of water and let sit overnight (about 8 hours). Strain out the water in the morning. Next rinse and strain again twice. Place a mesh lid or clean cheesecloth and elastic over the mouth of the jar. Let it sit. Rinse the grain twice to three times a day until little sprouts grow, 1-2 days usually. After the grains have sprouted a tail, rinse well, then add about 3 c. of distilled water. Cover with a mesh lid or cheesecloth and elastic. Set on the countertop or cupboard for 1-2 days. Each day give the jar a swirl to move the grains around. Once the liquid becomes slightly cloudy with some bubbles, strain off the liquid into a clean jar and lid. Discard the grains. This can be stored in the refrigerator for up to two weeks. If the drink has a foul odor, is extra murky or molded discard and try again- be sure to use clean items and working space. Rejuvelac should be slightly cloudy with a pleasant tangy taste and a citrus aroma. Try taking 2-4 T. a day per person. You can add to smoothies.

Garlic Oil

Mince several garlic bulbs

Place in jar

Cover garlic with olive oil

Cover with cheese cloth and let it set for at least 3 days to 1 week. Strain garlic. Store oil in covered jar.

Ginger Bath

Approximately 1/3 cup ginger, I usually use powdered but you can also grate fresh ginger.

Pour in warm, not hot, bath, you can place the grated ginger in a muslin bag or cheese cloth.

Soak in bath for about 20 minutes. After bath wrap in warm blanket and go to bed.

Healing Soup

4 Garlic cloves chopped

1 large onion

1-2 Tbls fresh ginger, grated

2 Tbls fresh cilantro

3 Tbls yeast free instant vegetable broth, (I use chicken)

2-3 qts water

Real salt to taste

Cucumber

Carrots

Red Cabbage

Celery

Steam fry garlic in olive oil and water

Set aside

Put whole onion in water, simmer until translucent, about 1 hour

Add garlic and broth

Add sliced veggies

Simmer about 10-15 minutes

Add ginger, cilantro, salt

I add more broth than water for better flavor

Don't boil, only simmer