

# Purple Dead Nettle Infused Honey

BY COLLEEN CODEKAS

*This infused honey is a great way to get the benefits of purple dead nettle in a tasty way. Take a spoonful to help prevent allergies, reduce inflammation, or soothe a sore throat.*

## ingredients

- 1 ½-2 cups purple dead nettle tops (flowers and leaves)
- 1 ½-2 cups raw honey
- Pint mason jar

**Yield:** 1 pint

The infused honey will store for at least several months or more in a pantry.

## directions

1. Fill a pint jar about  $\frac{3}{4}$  full of purple dead nettle tops. Pour in the raw honey to completely cover the plant material.
2. Let the honey settle down into the jar for a bit, then top off the jar with more honey to fill the jar. The purple dead nettle tops may float to the top of the honey and that's ok.
3. Cap the jar and let the honey infuse for at least a few days and up to several weeks before using, stirring it up a bit as often as you think of it.
4. When you are ready to use the honey, strain out the purple dead nettle tops.



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## COLLEEN CODEKAS



Colleen is passionate about healthy living through natural food and herbal medicine! She lives with her family of three in Vermont where living close to nature is easy and a way of life. In her off-time, she likes to go foraging for wild edible and medicinal plants and mushrooms, cook delicious food, make mead, grow a ridiculous amount of edible and medicinal plants, and make herbal medicine. She is the author of the traditionally published book *Healing Herbal Infusions*, and four ebooks: *Wildcrafting Weeds*, *Healing Kitchen Herbs*, *Simple Mead Making*, and *The Backyard Forest Garden*. She has also created an online foraging course, *gather + root*.

You can find more from Colleen at her website: [GrowForageCookFerment.com](https://growforagecookferment.com). You can also find Colleen on [Instagram](#) and [Facebook](#).

