

New England Aster Glycerite

BY DANA O'DRISCOLL

New England Aster is best prepared as a tincture or glycerite. This recipe creates a glycerite, which can be easily added to drinks or taken directly.

ingredients

- 2 1/2 cups fresh New England Aster flowers (Aster goes to seed very quickly, so fresh is best)
- USP Vegetable Glycerin
- Spring or Distilled Water
- 1 pint mason jar and lid

directions

New England Aster grows during the last part of the growing season across the Midwest, mid-Atlantic, and New England. For most, it blooms sometime in the weeks before or after the Fall Equinox, just as the Goldenrod is starting to go to seed. It is easy to spot from a distance as it offers a fuchsia to dark purple set of radiating petals with an orange-yellow center, looking like a larger fleabane or daisy.

Once you find a patch (or cultivate a patch) of New England Aster, you want to harvest it when it is in full bloom.

Begin in reverence and respect to the plant, asking permission to harvest and making an offering to the plant (an offering can be physical or an action, like spreading some of the plant's seeds into new areas).

1. Once you have permission, pick 2 1/2 cups of fresh New England Aster flowers (which can include small parts of leaf and stem). Asters often have bugs who can live in the petals, so as you harvest, I suggest shaking off the bugs gently.
2. In your pint mason jar, pack in your new England aster flowers. Add 1 cup of vegetable glycerin and 1/2 cup of water (because flowers are fresh, I use a little less water to compensate). Seal the jar, then shake.
3. Let macerate for a full lunar cycle. Each day, shake your jar at least once. After 28 days, strain, making sure all plant matter is out of the glycerite. Return the plant matter to the land or compost pile.

Yield: 1 1/2 cups of glycerite (enough for a year taking 5-15 drops a day)

Shelf life is one year.

New England Aster is a lung trophorestorative. It can function both for immediate relief from wheezing, coughing, or shortness of breath and, if taken over time, it will strengthen the lungs.



DANA O'DRISCOLL



Dana O'Driscoll spent most of her childhood in the wooded hills of the Laurel Highland region of Pennsylvania, making mud pies, building brush cabins, and eating berries. Thankfully, little has changed, and she can still be found searching out tasty mushrooms, gathering herbs, and playing her pan flute for the trees. As an artist, permaculture designer, herbalist, and druid, Dana weaves creative practices with her love of plants and the natural world. Dana's lifelong goal is to help envision an earth-honoring, care-filled future where humans can return into natural balance with the earth. Dana is currently the Grand Archdruid of the Ancient Order of Druids in America and also is Druid in the Order of Bards, Ovates, and Druids. Her book *Sacred Actions: Living the Wheel of the Year through Earth-Centered Sustainable Practices* was released by Red Feather in 2021. She also is the author and illustrator of the *Plant Spirit Oracle* and the *Tarot of Trees* decks.

Find more from Dana at her website, www.thedruidsgarden.com. You can also find her on Instagram: [@druidsgardenart](https://www.instagram.com/druidsgardenart) and Facebook: [druidgarden](https://www.facebook.com/druidgarden).

