

Rosemary Cordial

BY ERIKA GALENTIN, MNIMH, RH (AHG)

A sweet and warming extract of Rosemary leaf and/or Rosemary flowers made with brandy and honey to support and nurture the emotional heart.

ingredients

- Fresh Rosemary leaves and/or flowers (approximately 2 oz)
- 3 fl oz (approximately 90mL) of a top shelf brandy of your choice (I like using apple brandy).
- 2-3 tablespoons of local raw honey

Yield: 4 fluid ounces

directions

1. Thoroughly wash and dry a glass pint canning jar and lid.
2. Chop fresh rosemary leaves until evenly minced. If you are using fresh Rosemary flowers, it is ok to leave them whole. Add plant material to a clean glass pint canning jar and set aside.
3. In a separate vessel, combine brandy and honey and stir vigorously until fully blended. Be patient with this stirring and blending process as it can take a little time for the honey to disperse. While stirring, think about and state your intentions for this cordial and its support for your emotional heart. Once completely blended, add the liquid to the pint jar, making sure to completely cover the plant material.
4. Label and let sit in a cool dark place for one moon cycle (4 weeks). Strain into a clean glass amber dropper bottle and label 'Rosemary Cordial' with the date of bottling and a use by date (6-12 months from straining). Store your cordial away from direct heat and light, but where you can access it easily for use.

Tips for Making:

- Best made on a full moon and strained on a full moon (macerated for 1 moon cycle)
- Remove Rosemary leaves from any woody stalks. If stalks are still soft, they are ok to use.
- Scale this recipe up as desired, but remember that a little goes a long way.
- If you are having trouble getting the brandy-honey mixture to completely cover the herb in the jar, consider using a blender. Dump the contents of your jar (herbs and brandy-honey) into the blender and blend until Rosemary appears pureed.
- Brown sugar or molasses can be substituted for honey.

Shelf Life: Shelf stable at room temperature for 6-12 months.

Suggested Dose: 1-2 drops directly on the tongue or in a small amount of regular or sparkling water. You can also place a few drops in your bath.

Suggestions For Use: Find a quiet place where you can spend a few minutes focusing on your breath without interruption (even if this means in the shower!). Focus on your breathing and take intentionally deep and rhythmic inhalations and exhalations while centering your empathy and compassion in your heart space. Some folks like to recite a mantra or message of love and gratitude towards their heart that they can speak in their mind or out loud. As you are sending empathy, compassion, love, and gratitude to your heart (or emotional body), place 1-2 drops of Rosemary Cordial directly on your tongue. Allow the sweetness, flavor, and aroma to boldly hold presence in your senses. Imagine the cordial making its way to your heart (or emotional body) with these messages of compassion.

ERIKA GALENTIN, MNIMH, RH (AHG)



Erika is a Clinical Herbalist and co-creatrix of Sovereignty Herbs in Athens & Columbus, OH. She holds a degree in Herbal Medicine from the University of Wales, Cardiff, UK and Scottish School of Herbal Medicine, Glasgow, UK. She is a professional member of the National Institute of Medical Herbalists (UK) and the American Herbalists Guild (USA). She is also a proud member of Pi Alpha Xi National Honor Society in Horticulture (USA).

Over a decade of clinical practice has provided a platform for witnessing the efficacy of medicinal plants and aromatics within a clinical environment. It is through this clinical practice that Erika seeks to encourage positive, learned relationships between plants and people and people and their bodies. She is a firm believer in celebrating the role that emotions and the psyche play in the ecology of our physical terrain.

In addition to clinical practice, Erika is both a student and teacher of horticulture, native medicinal plant conservation and ecology, and the phenomenological and Goethean study of plants and their medicinal virtues. With her dedication to medicinal plants native to Appalachian Ohio and the Greater Appalachian region, Erika teaches, lectures, and writes on native medicinal plant conservation and applied ecology, propagation, herbalism, and clinical efficacy. She also participates as a member of the Education Advisory Council of the American Herbalists Guild as well as the Stewardship Committee of Appalachia Ohio Alliance, a non-profit organization dedicated to the conservation of land and water in Southeast Ohio.

She is the author of *The Family Guide to Aromatherapy: A Safe Approach to Essential Oils for the Holistic Home*.

Find more from Erika at her website: SovereigntyHerbs.com. You can also find Erika on [Facebook](#) and [Instagram](#).