

Wild Weedy Respiratory ReLeafy

BY MEL MUTTERSPAUGH



2 PARTS PLANTAIN LEAF



1 PART WESTERN COLTSFOOT



1.5 PARTS MARSHMALLOW



1.5 PARTS ANISE SEED



PINCH OF LICORICE ROOT, OPTIONAL



1 PART MULLEIN LEAF & FLOWER



1 PART LUNGWORT LICHEN



2 PARTS ELECAMPANE ROOT



1 PART FENNEL SEED



This is a blend of abundant plants that can help ease coughing spasms, cool a dry hacking throat, and get rid of that extra nasty phlegm. And, it's got a subtly sweet taste that you can enjoy.

YIELD: Dependent upon parts used.

SHELF LIFE: When freshly harvested or purchased from high quality organic farmers, these herbs will have about a 2-year shelf life.

1. Blend all the herbs together. Store in a clean glass jar with a tight-fitting lid, in a dark location.
2. When you're in need of a cuppa, take 1-3 tsp of the blend to 8 ounces of hot water. Cover and steep for a minimum of 10 minutes. The longer, the better here, to extract the most medicinal benefits.
3. Add local raw honey if desired, sip and breathe easy!



HERBS
with ROSALEE

Mel Mutterspaugh

Mel Mutterspaugh is a clinical herbalist, environmental educator, founder of herbal products company Mountain Mel's Essential Goods, podcast host at The Herbalist's Path, and most importantly a mom to a fun and silly 9-year-old daughter.

You can find more from Mel on [TikTok](#). You can also find Mel on her website, [TheHerbalistsPath.com](#), as well as on [Instagram](#) and [Facebook](#) and [YouTube](#).



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