

Wild Oregano Salt

BY ABBY ARTEMISIA



1/4 CUP FRESH BEE BALM
LEAVES AND FLOWERS
TIGHTLY PACKED, MINCED

1/2 CUP SALT OF
CHOICE

A delicious, antimicrobial herbal salt that tastes like oregano and salt, but better!

SERVING SUGGESTIONS: As a finishing salt on any savory dish, on popcorn, added to egg dishes, especially good in olive oil as a dipping sauce for freshly baked bread.

HINTS: Bee balm (*Monarda didyma*) is often called wild oregano. I think it tastes a little stronger and spicier than oregano, and it has more thymol than thyme. So, it doubles as an antimicrobial to keep you healthy.

If you have wild bergamot (*Monarda fistulosa*), you can substitute that for the bee balm for a similar taste. I always utilize fresh herbs for my salt for the strongest flavor.

As a variation, you can use the same ratios, but substitute fresh evergreen needles, like pine, spruce, or fir.

This recipe is reprinted from *The Wild Foraged Life Cookbook* by Abby Artemisia

DIRECTIONS:

1. Mix the ingredients together. You can do this in a food processor or clean coffee grinder (in batches, if necessary to fit it in), if available.
2. Store the finished salt in a jar with a plastic lid for long term storage; the lid will rust if it's metal and exposed to salt. **YIELD:** 1/2 cup



HERBS
with ROSALEE

Abby Artemisia



Botanist, Herbalist, and Professional Forager, Abby Artemisia, was raised in Cincinnati, Ohio, where she spent her free time climbing trees and creek wandering. This is where her love of nature began. Her love of plants had a diverse foundation from apprenticeships on organic farms on the west coast and in the Midwest, to a bachelor's degree in Botany from Miami University and an apprenticeship in herbalism with Herbalist Leslita Williams, along with owning and operating her own tea business.

After visiting Pisgah National Forest, she fell in love with the biodiversity of the southeast. Abby then founded the WANDER School, the Wild Artemisia Nature Discovery, Empowerment, and Reconnection School. Through the school, Abby offers the Wildcrafted Herb School Program, customizable workshops, and botanical property surveys. The WANDER School became a nonprofit in 2020 to provide botanical education, herbs, and herbal medicine to underserved communities, and practice Acknowledgement and Reciprocity for Traditional Ecological Knowledge. Abby is also the author of the Herbal Handbook for Homesteaders and The Wild Foraged Life Cookbook, as well as hosting the podcast Wander, Forage, & Wildcraft.

You can find more from Abby at her website: <http://thewanderschool.com/>

You can also find Abby on [Instagram](#), [Facebook](#), [Twitter](#), and [YouTube](#).

