



# SWEET & SOUR BLACKBERRY OXYMEL

A tangy drinking syrup made with a mix of fruit, leaves, shoots, or roots!

1

HARVEST

2

CLIP/DIG

3

RINSE

Harvest blackberries when they are fully ripe and pull easily away from their caps, generally July to August. If using leaves or shoots, which have more tannins than the berries, clip when bright green and tender. If using roots, dig in late fall and plan to combine with frozen blackberries for flavoring your oxymel. Rinse and dry any and all plant materials being used.

4

CHOP

5

MASH

6

COVER

Coarsely chop berries, leaves, shoots, or roots and place in a glass jar. Cover 1 part mix of plant materials (use at least 2 parts fruit to 1 part leaves, shoots, or roots) with 2 parts raw apple cider vinegar, and 1 part raw local honey. Line cap with parchment or wax paper as the vinegar can corroding the metal cap ring.

7

STEEP

8

STRAIN

9

ENJOY!

Allow the mixture to steep for a minimum of 2 weeks and shake daily (as you're able!) to allow the flavors to develop in the oxymel. Strain the oxymel over a bowl and return the liquid to a clean jar, label with the date and contents, and store in the refrigerator. To enjoy, add 1-2 TB of oxymel into soda water to create a tangy, healthy beverage or consider mixing into olive oil to create a homemade salad dressing!

An **oxymel** -- from the Latin 'oxymeli' meaning 'acid and honey' -- is a preparation that's been made for centuries in many cultures worldwide as a way to mellow or mask strongly flavored herbs. Both vinegar and honey have preservative qualities, and when used as a steeping base along with mineral-rich plants like blackberry, help extract plants' medicinal compounds to extend their seasonal enjoyment, use, and shelf-life! **Blackberries** (*Rubus fruticosus*) are prized for their rich antioxidants and astringent tannins which act as an antimicrobial, antidiarrheal, and anti-inflammatory. **Consult a licensed medical professional before using this or other any other new plant in one's diet.**