

## Cabinet Creations

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# Echinacea Oxymel

Sore Throat • Immune Support • Kid-Friendly

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### Prep Time:

Active Prep: 15-20  
minutes

Infusion Time: 2-4  
weeks

### Ingredients:

- ½ cup dried echinacea root or aerial parts
- 1½ cups raw apple cider vinegar
- Raw honey (to taste, typically equal volume to strained vinegar)

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### Method:

- Place dried echinacea into a clean glass jar.
- Cover completely with apple cider vinegar, ensuring all plant material is submerged.
- Seal and allow to infuse for 2-4 weeks in a cool, dark place, shaking occasionally; strain.
- Combine the infused vinegar with honey, stirring until fully incorporated.
- Transfer to a clean jar or bottle and label with date and ingredients.

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### Apothecary Notes:

Oxymels are a traditional preparation that combines vinegar and honey to extract, preserve, and balance the herbal constituents. Vinegar is particularly effective at drawing out minerals and alkaloids, while honey contributes soothing qualities and improves palatability. Echinacea has been widely studied for its immune-modulating activity and is traditionally used to support the body during seasonal and respiratory challenges.