

How to Prepare Coltsfoot

Infusion (Tea)

A gentle preparation made by steeping dried leaves or flowers in hot water.

Best for: soothing dry coughs & throat irritation

How to Make:

- 1–2 tsp dried coltsfoot leaf/flower
- 1 cup hot water
- Cover and steep 10–15 minutes
- Strain and drink warm

Notes:

- Traditionally used to soothe dry, irritated coughs and scratchy throats.
- The warm liquid helps coat the throat while the mild, moistening nature of coltsfoot is often valued during seasonal respiratory discomfort.

Coltsfoot Honey

Dried coltsfoot infused slowly into raw honey for a thick, soothing preparation.

Best for: cough soothing & long shelf life

How to Make:

- Fill jar loosely with dried coltsfoot
- Cover completely with honey
- Let infuse 2–4 weeks
- Strain (optional)
- Take by spoon or add to tea

Notes:

- Combines the demulcent qualities of both coltsfoot and honey.
- Often used for dry coughs, throat irritation, and hoarseness.
- Shelf-stable when properly prepared with fully dried herb.

Coltsfoot Syrup

A strong infusion gently reduced and blended with honey.

Best for: cough remedy

How to Make:

- Make strong infusion (2 tbsp herb per cup water)
- Simmer down by half
- Strain
- Add equal part honey
- Store in fridge

Notes:

- A more concentrated preparation traditionally used for persistent coughs.
- The syrup consistency helps coat the throat and is often preferred for children or those who want a ready-to-use option.
- Typically stored in the refrigerator and used within several weeks.

**“In the old way of healing, the remedy begins not in haste,
but in careful preparation.”**