

HERBAL PANTRY STAPLES FOR COLD SEASON

Lemon Balm (*Melissa Offiinalis*)

Why: Calming, antiviral, kid-friendly.

Use In: Teas, glycerites, steam bowls, gummies.

Tip: Store dried in airtight glass jar.

Elderberry (*Sambucus Nigra*)

Why: Immune support, antioxidant-rich

Use In: Syrups, gummies, tonics, oxymels.

Tip: Always simmer or cook prior to use to remove cyanogenic glycosides.

Chamomile (*Matricaria chamomilla*)

Why: Soothing, digestive aid, sleep support

Use In: Teas, baths, compresses, steams

Tip: Add to Epsom salt bath for bedtime reset

Ginger Root (*Zingiber officinale*)

Why: Warming, digestion & circulation, anti-inflammatory

Use In: Decoctions, syrups, teas, broths.

Tip: Keep dried chips or frozen slices for quick use

Calendula (*Calendula officinalis*)

Why: Skin-healing, lymph support, gut-soothing

Use In: Salves, infusions, broths, compresses

Tip: Store with moisture packs to keep petals fluffy

Store dried herbs in glass jars away from light and heat for 6-12 months. Label with name & date. Keep glycerites/syrups in fridge after openings

Notes