



HOW TO MAKE AN HERBAL OXYMEL



A traditional blend of honey, vinegar & herbs

An oxymel combines honey and vinegar with herbs. Traditionally used as a flavorful herbal preparation, it can be enjoyed by the spoonful or added to water, tea, and other foods.



WHAT YOU'LL NEED

- Completely dried herbs
- Raw or pasteurized honey
- Apple cider vinegar or another food-grade vinegar
- Clean, completely dry glass jar
- Fine strainer or cheesecloth
- Clean bottle or jar
- Label & marker

STEP 1 — PREPARE

Use correctly identified, food-safe herbs. For beginners, dried herbs are recommended because fresh herbs add moisture and can increase spoilage risk. Gently crumble or chop the herbs.



STEP 2 — INFUSE

Place the herbs loosely into your jar. Cover completely with vinegar. Seal the jar and let the herbs infuse in a cool, dark place for 1–4 weeks. Shake gently every few days.



STEP 3 — STRAIN & SWEETEN

Strain the herbs thoroughly. Combine the infused vinegar with honey. Simple starting ratio: 1 part infused vinegar + 1 part honey. Adjust the ratio to taste. Stir until well combined.



STEP 4 — BOTTLE & LABEL

Pour into a clean, dry bottle or jar.

Label with:

Herbs: _____

Vinegar: _____

Date infused: _____

Date finished: _____



STORAGE

Store tightly sealed in a cool, dark place. Refrigeration is also an option.

Discard if you notice mold, unusual fermentation, an unpleasant odor, or other signs of spoilage.

SIMPLE BLENDS



Lemon Balm + Honey + Apple Cider Vinegar
Bright, herbal, and refreshing.



Thyme + Honey + Apple Cider Vinegar
Savory and aromatic.



Lavender + Honey + White Wine Vinegar
Floral and delicate.



Rosemary + Honey + Apple Cider Vinegar
Bold and herbaceous.



SAFETY

Use only food-safe herbs and properly prepared ingredients.

Never give honey to children under 12 months.

Some herbs can interact with medications or may not be appropriate during pregnancy, breastfeeding, or for children.

An oxymel is a traditional food/herbal preparation—not a substitute for medical treatment.