



HOW TO MAKE AN HERBAL SYRUP



A sweet herbal preparation made from an infusion or decoction

Herbal syrups combine a concentrated herbal preparation with a sweetener such as honey or sugar. They're traditionally used as flavorful preparations and can be taken by the spoonful or added to drinks.

WHAT YOU'LL NEED

- ☐ Dried or fresh, correctly identified herbs
- ☐ Water
- ☐ Saucepan with lid
- ☐ Fine strainer or cheesecloth
- ☐ Honey or sugar
- ☐ Clean glass bottle or jar
- ☐ Label & marker



STEP 1 — MAKE YOUR HERBAL PREPARATION

Use an infusion for leaves and flowers.

Use a decoction for roots, bark, seeds, or tougher plant parts.

Strain thoroughly.



STEP 2 — ADD YOUR SWEETENER

Measure your finished herbal liquid.

While it is still warm—but not boiling—stir in your sweetener until completely dissolved.

Simple starting ratio:

1 part herbal liquid : 1 part honey or sugar

For a thicker, sweeter syrup, some traditional recipes use a higher proportion of sweetener. Don't heat honey to a boil.



STEP 3 — BOTTLE & LABEL

Pour into a clean, heat-safe container.

Allow it to cool, then seal.

Label with:

Herb: _____

Plant part: _____

Sweetener: _____

Date made: _____

Storage: _____

STORAGE

- Homemade herbal syrups contain water and are perishable.
- Refrigerate promptly.
- For a simple homemade syrup, use a conservative approach and make small batches.
- If you notice mold, fermentation, bubbling, an unusual odor, or other signs of spoilage, discard the entire batch.
- Do not taste questionable syrup to determine whether it is safe.

SIMPLE BLENDS

Lemon Balm + Honey

A gentle, fragrant syrup for tea and culinary use.

Thyme + Honey

A classic herbal combination for warm drinks and culinary preparations.

Elderflower + Honey

Floral and delicate; lovely stirred into sparkling water or tea.

Ginger + Honey

Warm, spicy, and delicious in tea or cooking.

#SAFETY

- Use only correctly identified, food-safe herbs.
- Some herbs are not appropriate for children, pregnancy, breastfeeding, or people taking certain medications.
- **Never give honey-containing syrup to a child under 12 months.**
- Herbal syrups are not substitutes for medical treatment.