



HOW TO MAKE HERBAL HONEY



A simple way to infuse herbs into honey

Herbal honey combines honey with herbs for flavor and traditional herbal use.

It can be enjoyed by the spoonful, added to tea, or used in cooking.

WHAT YOU'LL NEED

- ☐ Raw or pasteurized honey
- ☐ Completely dried herbs
- ☐ Clean, completely dry glass jar
- ☐ Spoon
- ☐ Label & marker



Dried herbs are recommended for beginners because fresh plant material introduces moisture, which can increase the risk of fermentation or spoilage.



STEP 4 — STRAIN

When the flavor is where you want it:

- Warm the jar gently if needed to loosen the honey.
- Strain through a clean fine strainer.
- Press the herbs gently to recover the honey.
- Transfer to a clean, dry jar.
- Label with:

Herb: _____

Date started: _____

Date strained: _____



STEP 1 — PREPARE

- Choose a correctly identified, food-safe herb.
- Remove damaged material and gently crumble or chop the dried herb.
- Make sure your jar, utensils, and herbs are completely dry.



STEP 2 — COMBINE

- Place the herbs loosely into the jar.
- Pour honey over the herbs until they are completely covered.
- Stir gently to release trapped air bubbles.
- Make sure the herbs remain below the surface of the honey.
- Seal tightly.

STEP 3 — INFUSE

- Store in a cool, dark place.
- Allow the honey to infuse for approximately 1–4 weeks, depending on the herb and desired flavor.
- Turn or gently stir the jar occasionally.
- If bubbling, pressure buildup, or unusual fermentation develops, do not consume the batch.



IMPORTANT SAFETY

- Never give honey to a child under 12 months old because of the risk of infant botulism.
- Some herbs are not appropriate for children, pregnancy, breastfeeding, or people taking certain medications.
- Use only herbs you have positively identified as food-safe.
- Herbal honey is not a substitute for medical treatment.



NOTES


