Five Flavors Cough Syrup

This recipe is an all-purpose cough syrup remedy. Elecampane, plantain, and honey are expectorants with the latter two helping to soothe irritated tissues in the lungs and throat. Elderberries are famous for their ability to shorten the duration of a cold or flu. Store this in the fridge and use within one month. This recipe can be made with either dried or fresh herbs.

Note that the syrup will not be as thick as commercial syrups. To make a thicker syrup use sugar instead of honey and simmer the strained tea and sugar until it is reduced by half; let cool and it should thicken up.

What you’ll need...

- 1/2 cup dried elderberries (or one cup fresh) (55 grams dried)
- 1/4 cup dried elecampane root (or 1/2 cup fresh) (25 grams dried)
- 1/4 cup dried plantain leaves (or 1/2 cup fresh) (8 grams dried)
- 2 cups water
- 1/2 cup honey

Yield: About 1 cup

1. Place the herbs and water into a medium sized sauce pan. Bring the water to a boil, then reduce the heat and simmer for 20 minutes, uncovered.

2. Strain off the herbs. I like to do this through a jelly bag or cheesecloth so I can really squeeze the juice from the herbs.) If you decide to squeeze out the herbs, wait for it to cool a bit.) You should end up with approximately 1/2 cup of liquid.

3. Return the liquid to a clean saucepan. Add the honey and stir until well combined. If necessary, apply very low heat to warm the honey to allow it to incorporate.

4. Pour the mixture into a bottle, label and keep in the fridge for up to one month.

5. For children above the age of 2, use one teaspoon every hour as needed. (Children under the age of two should not have honey. Use an alternative sweetener for children under two.) Adults can use a tablespoon every 30-60 minutes as needed.

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