

## ■ Oxymels Fact Sheet (Homestead Wife Life)

### What Is an Oxymel?

An oxymel is a traditional herbal preparation made by combining vinegar and honey with herbs. The word comes from Greek, meaning 'acid and honey.' For centuries, oxymels have been used to preserve herbs, improve flavor and palatability, and deliver herbal benefits in a long-lasting, shelf-stable form.

### ■ Ratios & Methods

**Traditional Method:** Infuse herbs in vinegar for 2–4 weeks, then strain and combine with honey in equal parts (1:1).

#### **Tamatha's Method (HWL Way):**

- 1/3 herbs (fresh or dried)
- 1/3 raw honey
- 1/3 apple cider vinegar (raw if possible)

HWL Tip: Mason/Ball jars already have measurement lines, so dividing into thirds is effortless. This method scales easily—use pint, quart, or half-gallon jars depending on family size.

### ■ Why Use Oxymels?

- Pleasantly sweet-tart flavor
- Honey adds soothing, antimicrobial, and preservative benefits
- Child-friendly alternative to alcohol tinctures
- Excellent way to preserve seasonal herbs for year-round use
- Versatile: take straight, add to tea, drizzle on food, or mix with sparkling water

### ■ Preparation Steps

Fill a clean jar 1/3 full with herbs.

Add raw honey until jar is 2/3 full.

Top with apple cider vinegar to fill.

Cap with parchment under the lid to prevent corrosion.

Shake well to mix honey and vinegar.

Let steep 2–4 weeks, shaking daily.

Strain out herbs, rebottle, and label clearly with herb + date.

### ■ ■ Storage & Shelf Life

- Store in a cool, dark place
- Shelf life: 1 year + when sealed properly
- Shake before each use

### ■ Featured in This Video

For this video, I made two oxymels:

- Tulsi (Holy Basil) → supports immunity, balances stress, nourishes during seasonal change
- Lemon Balm → calming, antiviral, gentle immune booster — ideal for cold & flu season

### ■ Other Herbal Options

- Immune Support: elderberry, echinacea, thyme
- Respiratory: mullein, hyssop, sage
- Digestion: ginger, peppermint, chamomile
- Calming: catnip, lavender, chamomile
- Circulatory / Stimulating: rosemary, cayenne (small amounts)

### ■ Dosage (General Guidance)

- Adults: 1 Tbsp daily as a tonic, or up to 3 Tbsp throughout the day during illness
- Children: 1–2 tsp (adjust for age and size)
- Take straight, dilute in water, or add to tea

**Note:** Do not give honey-based remedies to children under 1 year old.