



## Cough syrup

Many different herb extracts can be made with honey, and they usually turn out tasting very good. The most common extract is cough syrup made from spruce sprouts. They contain an essential oil with terpenes, which is anti-bacterial and cough relieving. The spruce cough syrup tastes so good I've had children fake a cough to get a spoonful of the medicine.

The water in the herbs will melt the honey into syrup, which in turn extracts the active substances from the herbs. The sugar conserves the syrup, making it last for one year if refrigerated. Dose ½ tablespoon when necessary, particularly good against evening coughs.

1. Collect spruce sprouts the size of a fingernail.
2. Put the sprouts in a glass jar in layers with honey.
3. Put the lid on and place the jar in a west- or east-facing window.
4. Leave the mixture to extract for 3-4 weeks. Turn the jar upside down for a while every day.
5. The syrup is ready once the sprouts have lost their colour and the honey has melted into a golden viscous liquid.
6. Strain and pour into a dark glass bottle. Store in the fridge, the syrup will last for one year.

The spruce sprouts can be replaced with fresh thyme or fresh onions, both of which are good preventative against coughs. Another option is rose syrup, which is good for desserts.