

MEMÓRIA DA TERRA

~ Cycles of study with Native Plants and Ancient Wisdom ~

MEDICINAL RECIPES WITH BRAMBLE



MEDICINAL BLACKBERRY JAM

Ingredients:

1Kg ripe wild blackberries

500g raw cane sugar (add more sugar to last longer)

Cinnamon, Star anise, clove, cardamom, nutmeg

Lavender or Rose flowers/Mynt leaves/Rosemary (optional - better to choose one of the plants)

Orange peel (half orange)

Apple seeds and peel

Preparation:

Rinse the berries.

Preferably on a clay pot, mix the berries, the sugar and the orange peel.

On a small cotton cloth place all the spices and plants and then wrap it with a string.

On another small cotton cloth, place the apple seeds and peel (they are rich in natural pectin), then close with a string.

Place both cloth bundles inside the clay pot with the berries and leave it overnight (around 12 hours)

In the morning the mix should be more liquid and you bring it to cook in a low fire for 1 or 2 hours.

Once cooked, remove both cloth bundles and process the jam with a blender.

Fill sterilized glass jars while still hot, close the lid and turn the jars upside down. (This creates vacuum and helps to preserve).

You can also just make a simple blackberry jam, not adding any spices or plants. I like to add always some more medicine, so the whole family is taking preventive remedies on the food. Food is the first medicine.



BLACKBERRY VINEGAR SYRUP

Fill a glass bowl with blackberries. Cover with raw apple cider vinegar (with the mother). Cover with a plate and leave it for one or two days (according to the temperature the time may vary, follow your feeling on this).

After, crush the berries and filter with a cloth to remove the seeds. Measure the amount of liquid and add half of that amount in raw honey.

Bring to bain-marie in a very low fire allowing the honey to dissolve. Be careful as to not exceed the temperature, as soon as the honey is dissolved, store the syrup.

Take before going to bed, one or two table spoons, directly or dissolved in water or tea, to treat colds, flu or cough.