



ROOTED  
*Medicine*  
CIRCLE  
*sample*

ROSALEE DE LA FORÊT AND EMILY HAN



---

# WELCOME!

Thank you for downloading this sample recipe from Rooted Medicine Circle.

Made by mixing vinegar, honey, and herbs, oxymels and shrubs are both fun and powerful plant medicines. By getting your copy of this recipe, you are on your way to enjoying a delicious herbal drink!

The Rooted Medicine Circle course guides you in how to make high-quality herbal medicines while also deepening your relationship with the natural world around you. In addition to oxymels and shrubs, we cover teas, syrups, tinctures, oils, and many more herbal preparations.

Want a sneak peek into Rooted Medicine Circle? Check out the free mini course that's happening this week ONLY!

**Join the free mini course at <https://bit.ly/herbalminicourse-herbrally>**

Enjoy! ✨  
Emily Rosalee





## MANDARIN AND EVERGREEN SHRUB

This delicious shrub can be enjoyed any time of the year, and is especially lovely during the winter months when citrus is particularly yummy and plentiful. Mandarin varieties go by several names, including mandarins, tangerines, clementines, and satsumas — any of these can be used as long as they are not sprayed with pesticides. You can use this shrub in cocktails and mocktails; we often love a tablespoon or two added to a glass of sparkling water.

*Yield: About 3 cups*

3 medium-size mandarins,  
thinly sliced, including peels  
1/3 cup dried hawthorn berries  
Large pinch of fresh evergreen  
needles (roughly 13 grams)  
1 teaspoon cinnamon chips  
4 whole cloves  
3 whole star anise  
1/2 cup honey  
Up to 3 cups apple cider  
vinegar (at least 5% acidity)

1. Put the sliced mandarins, herbs, and spices into a quart jar. Add the honey. Pour in enough vinegar to fill the jar and submerge the ingredients completely. (You might not use the entire 3 cups.)
2. Cover the jar, preferably with a glass or plastic lid. If using a metal lid, place parchment paper between the lid and the jar (vinegar will corrode metal). Store in a dark place.
3. Let the jar sit for 1 to 2 weeks, shaking it daily. The longer you let it infuse, the stronger the flavor will be.
4. Strain the vinegar into a clean bottle or jar with a nonreactive lid.
5. Store in the refrigerator and use within 6 months.

