



FOODWAYS SYMPOSIUM RECIPES

Recipes from Brenna Pixley

ROOTBEER

INGREDIENTS:

- 10 cups cold water
- 1/4 cup Sassafras Root (Bark)
- 1 Tablespoon Crushed Ginger
- 2 teaspoons birch bark powder
- 2 teaspoons Dandelion OR Burdock ROOT
- 1 Star Anise
- Few springs fresh mint
- 3/4 cups sugar (cane, molasses, brown, maple syrup, honey, sorghum, any caloric sweetener)
- 1/8 teaspoon yeast (Ale) or wild yeast

DIRECTIONS:

1. Start with cold water
2. Add herbs except sassafras to pot
3. Simmer for 20 minutes
4. Add sassafras and simmer 15 more minutes
5. Add sugar/sweetener
6. Strain and bring to room temperature
7. Add yeast and stir
8. Funner into swing top bottles
9. Sit on counter for 2 days
10. Transfer to fridge for 3 days
11. Ice and enjoy

*Adapted from Nourished Kitchen

BEWARE OF BOTTLE GEYSERS

SWITCHEL

INGREDIENTS:

- 1 part honey (infused honey is awesome)
- 1 part raw apple cider vinegar

DIRECTIONS:

1. Blend honey and vinegar together
2. If you are infusing with fruit, you can chop and mix with the honey and vinegar
3. Shake it occasionally for 2-4 weeks
4. Serve switchel with sparkling water

NOTE:

Do not feed honey to infants under 1 year old

Yummy infusion ideas:

- * Berries
- * Whole lemons
- * Fresh aromatic herbs: thyme, lemonbalm, mint, catnip, tulsi

NOTE: Vinegar can corrode metal lid

* Always Label