

Herbal Cordials and Liqueurs: Ancient Herbal Medicine

Herbal Mixology
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M.E.E.T The Herbs My herbal philosophy

- Medicine making is a medicine.
- Experience is the best teacher. Make it something to remember and experience
- Everyday practice your craft, your art.
- Taste is the teacher. The new active ingredients are taste, smell and sight.



Herbal Mixology: The New Paradigm

- The problem with herbal medicine
- The problem with mixed drinks
- Taste is the active ingredient
- Alcohol as medicine?
- Organoleptics: the way of senses
- Herbs as medicine
- The bitters
- The shrubs (vinegar extracts)
- Cordials and herbal elixirs
- Recipes



Herbal Mixology Defined

- **The power of herbal phytochemicals driven into the blood stream by alcohol and wrapped in an organoleptically rich sensual experience. This is the magic and power to Herbal Mixology.**
- The art and science of adding medicinal value and action to the world of tasty alcoholic drinks.
- Bringing the value of medical tonics back to the roots of botanical medicine.
- My path as an herbalist and naturopathic doctor
- Making medicine is medicine, DIY



What is a Cordial, Elixir or Liqueur?

Cordials and liqueurs originated through practice of adding aromatic ingredients such as herbs, fruits, seeds, spices, nuts, roots and flowers to the earliest distilled spirits in order to mask impurities or an unappealing flavor. The end result was something that had medicinal value.

The base spirit in many of liqueurs was neutral, meaning that many of these drinks could be concocted in domestic kitchens and used for cooking, drinking and medicine. Proprietary liqueurs came on the market in the early 19th century, making home-made versions less common.




History of Liqueurs and Cordials

- While the science of distillation was still at its beginning in Europe there was a movement to steep certain medicinal herbs in alcohol to extract their beneficial qualities. This was a very logical progression of the nonalcoholic distilling of essential oils, which was practiced in ancient Egypt in classical Greece.
- Distilling as an offshoot of alchemical arts, attached to the doomed enterprise of attempting to turn metals into gold. Many the religious orders of the time created traditional liqueurs with medicinal ingredients, often from monastery gardens. By the late Middle Ages, Italians had created many liqueurs and the French made Benedictine and Chartreuse.



History of Liqueurs and Cordials

- Liqueurs of the last century had an air of soothing palatability. They were often used as dinner digestifs, and often with women who were not thought to be fond of the stronger alcoholic alternatives.
- Many these liqueurs were indeed seen as more ladylike drinks, enhanced by the use of tiny glasses.
- Eventually liqueurs started shedding their health claims and were produced more for their flavor and alcoholic effects.



History of Liqueurs and Cordials

- The important cocktail era of the 1920s and 1930s coincided with the U.S. Prohibition, but there were no such limitations in European centers such as London, Berlin or Paris.
- Freed from the straitjacket of cultural politeness, liqueurs stoked a transformation of drinks such as punches, sours and fizzes. This led to the great cocktail era, and couldn't of happened without homemade liqueurs and drinks.
- We are essentially rediscovering the medicinal aspect of the original creators of the elixirs and cordials, bringing back the beauty the mystery and the medicine. This is what I call herbal mixology.

Common Liqueurs & Cordials

- There are many types of commercially available liqueurs. These are generally flavored, including fruits liqueurs, nut liqueurs, medicinal herb liqueurs, the cream liqueurs and a few other famous drinks.
- But the beauty of the liqueur is actually with the home herbalist and farmer, creating unique, fresh and vibrant ideas with locally sourced ingredients made at home from scratch.
- That's what were going to cover today.

Famous Liqueurs

- AMARETTO: Almond-flavor liqueur, made with sweet apricot pits
- Anis or Anisette a sweet liqueur from anise seed
- Benedictine: A bright, golden herbalist's pantheon of plants and spices, potentially containing 75 ingredients.
- Chartreuse: A French liqueur in either a green or yellow color. It is often 110 proof or higher, and made with up to 130 different herbs and spices.
- Cream Liqueurs: Bailey's Irish cream , creme de cacao, creme de menthe Kahlua.
- Kummel: or caraway seed digestif.

Famous Liqueurs

- Nut liqueurs: Derived from hazelnuts, walnuts or almonds. Frangelico and nocino are couple examples.
- Herbal Liqueurs include the Pernod and absinthe, which will talk about in detail.
- Ouzo: Which is a strong form of aniseed which will form of white precipitate
- Sambuca: Made in Italy it is quite popular is made from the flowers of elderberry goes well almonds, lemons and other citrus.

Famous Damiana Liqueur from Mexico

Is thought off to be a famous invigorating aphrodisiac. It is used for strengthening the nervous system, and for people who are tired and depressed.

It comes in a distinctive bottle shaped like a woman's body.

Made with *Turnera diffusa*, a wild aromatic shrub that grows from Southern Texas to South America and the Carribean.



Liqueurs Recipes

- In general liqueurs are made with a neutral 40% spirit (vodka) with herbs and spices added for flavor.
- The herbs macerate in the spirits for a few weeks or longer before straining.
- Finally, approximately 20% sugar or other sweetener is added to the herb-infused spirits.



Chartreuse

- Chartreuse is a French liqueur in either a green or yellow color.
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Today's Projects

- **Sir Earl Grey Cordial:** A stimulating blend of fresh seasonal bergamot orange, combined with aromatic bitter hops and a Chinese black tea. This is especially good after a rich or heavy meal, as a carminative to stimulate feelings of wellbeing.
- Other ingredients: caraway, anise, passionfruit. Vodka 88.
- **Dark Forest Immune Elixir:** A blend of savory shiitake and Reishi mushrooms, immune building *Astragalus* root, and with sweet carrot and burdock root for digestive support. To be taken as a daily tonic thru out the winter.
- Other ingredients: Sesame seeds, ginger, chipotle pepper. Alcohol: rum and vodka or some cacao also.

An alembic still



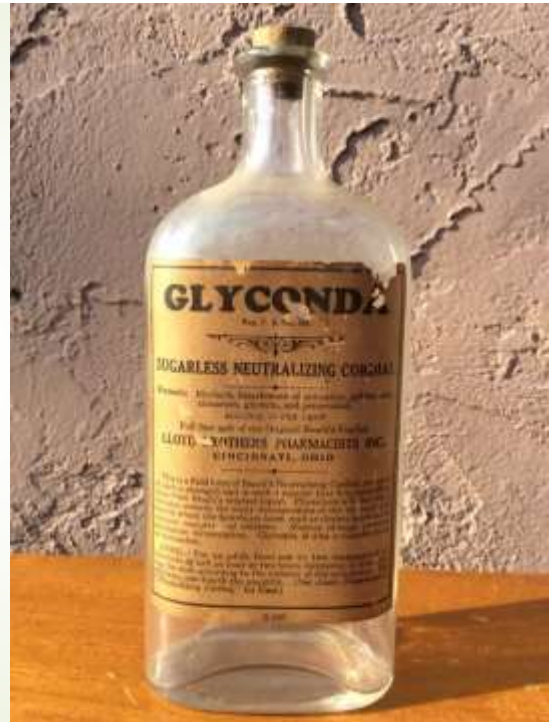
Alembic Still

- The Alembic still is a simple distillation apparatus. It has been used for hundreds of years, and was often employed in the study of alchemy. Egyptians were the first people to construct alembic stills, and images of them survive on the walls of the ancient temple of Memphis. The words 'alembic' (al ambic) and alcohol (al cohol) derive from the Arabic.
- The first means the distillation vessel, and the second, while it was used to describe a very hard lead or antimony based powder, expresses the idea of delicacy and subtlety, as in distillation vapor. The still was developed in 800 CE by the Arab alchemist Jabir ibn Hayyan. The word 'alembic' is derived from the metaphoric meaning of 'that which refines; which transmutes', through distillation.



Glyconda (Neutralizing Cordial)

- *Rheum palmatum* (turkey rhubarb),
- potassium bicarbonate
- *Cinnamomum cassia* (cinnamon)
- *Hydrastis canadensis* (goldenseal root)
- *Mentha piperita* (peppermint oil)
- and vegetable glycerin, alcohol and water.



Glyconda (Neutralizing Cordial)

"Neutralizing cordial is the very best corrective yet devised for disorders of stomach and bowels" (Harvey Wickes Felter M.D. 1907)

Traditional clinical uses: Stomach upset, dyspepsia, nausea, gas, bloating, diarrhea. Adjunctive to disguise the taste of bitter medicines.

Dosing directions:

- Adults: 1 to 3 teaspoons as needed.
- Children: ½-1 teaspoon every 30 to 60 minutes as needed.
- As a flavoring agent, mix up to 25% of formula.

Neutralizing Cordial Recipe

Ingredients (modified):

- Rhubarb Tincture 80 ml
- Cinnamon Tincture 64 ml
- Hydrastis Tincture 40 ml
- Spirit of Peppermint 8 ml
- Potassium carbonate 16 grams
- Simple Syrup 250 ml
- Diluted alcohol (50%) 550 ml



Neutralizing Cordial Recipe

Directions:

- Dissolve 16 grams of potassium carbonate in 250 mL simple syrup.
- Mix the tinctures, spirit and diluted alcohol.
- Mix both liquids, stirring or blending until KCO_3 is dissolved.
- Add more diluted alcohol as needed to bring the total volume to 1000 mL.



Strega, The Witch

- **Strega** (or *Liquore Strega*), is an Italian herbal liqueur produced since 1860 by the S. A. Distilleria Liquore Strega in Benevento, Campania, Italy. Its yellow color comes from saffron in its recipe. Liquore Strega is 80 proof (40%) and among its approximately 70 herbal ingredients are mint and fennel. Strega is considered a digestif, meant for drinking after meals.
- Strega has a similar appearance to Galliano (though less vibrantly yellow). It is slightly sweet, semi-viscous, and has a bold, complex flavor with strong minty or coniferous notes. Strega is used for flavoring *torta caprese*, a type of cake.



Strega: The Witch

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- Strega is a classic digestif, meant for drinking after meals.
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Nocino: Green Walnut liqueur

- Green Walnut liqueur
- Nocino (no-CHEE-no) is the traditional walnut liqueur made throughout Italy and Southern Switzerland. The base ingredients of nocino have remained consistent for centuries. They include unripe walnuts, alcohol (typically grape brandy or grappa), sugar and spices. Its mix of spices vary widely among families and between villages, giving each nocino its unique character.



Bergamot Orange, *Citrus bergamia*

- Bergamot is a citrus fruit whose rind is used for aromatics and flavor, and for extracting essential oil. This is a tropical plant that also thrives in Europe. Its powerful aroma makes it a popular component in many perfumes, and it is often used as the all-important "top note".
- Bergamot oil is obtained through cold compression rather than steam distillation, the latter being common to many other essential oils. It is often combined with black tea, as in the famous Earl Grey.
- The oil's chemical constituents include Alpha Pinene, Alpha Bergapten, Alpha Terpineol, Limonene, Linalool, Linalyl Acetate, Nerol, Neryl Acetate, Beta Bisabolene, Geraniol, Geraniol Acetate and Myrcene.



The oil of bergamot

- Bergamot oil constituents alpha pinene and limonene, are antidepressant and stimulating. They improve circulation, which can lead to feelings of freshness, joy and energy in cases of sadness and depression.
- These also stimulate digestion, including stomach acid, bile and insulin. These support proper absorption of nutrients, assimilation and decomposition of sugar and the resultant lowering of blood sugar.

Bergamotto

- The liquor Bergamot
- Bergamotto Calabro is made with organic bergamot from Calabria. In January the fresh fruits are washed and peeled, the fragrant peel is then immersed in alcohol for maceration. The fruits are immediately pressed and the juice added to the essence of alcoholic base.
- **It is the first bergamot liquor that provides for the addition in the preparation of fresh juice of Bergamot.**
- Bergamot has relaxing qualities, anti-stress, digestive and purifying the skin.
- You should drink Bergamot Calabro as a digestive alone or as an ingredient in cocktails.



Cynar: Artichoke liqueur

- Cynar is an Italian bitter liqueur made from 13 herbs and plants, including the artichoke (*Cynara scolymus*) from which the drink derives its name. Cynar is dark brown, bittersweet and is 16.5% ABV. It was launched in Italy in 1952.
- Cynar is an apertif that can be taken by itself or mixed into cocktails.
- One such cocktail includes Cynar and soda (mixed with soda water and lemon or orange slice, or with cola, eggnog, tonic water, milk or bitter lemon soda). Europeans often mix it with orange juice, especially in Switzerland and Southern Germany, where Cynar and orange juice is a very popular combination.



Cynar: Artichoke liqueur

- A variation of the Negroni cocktail uses Cynar in place of Campari. Because of its artichoke component, Cynar is regarded as a digestif as well as an apéritif.



Red Currant: *Ribes sanguineum*

- Red Flowering Currant (*Ribes sanguineum*) is a magnet for butterflies and hummers. In the garden, it grows 8-10 feet and thrives in sun to partial shade.
- This native plant requires little care and provides beautiful flowers and black fruit– favorites of hummingbirds.
- Originating right here in the northwest, this shrub was introduced to gardeners on the continent by David Douglas, a prominent plant hunter.
- Although this plant does fruit, the berries are not generally tasty. Coast Salish groups ate them fresh but they were not well-enough regarded to dry for winter fare. However, birds find them quite tasty.



Quince: Love Apple



- Quince, *Cydonia oblonga*, is the sole member of the genus *Cydonia* in the *Rosaceae* family, which also includes apples and pears.

Quince History

- "Pliny, who speaks at length of the medicinal virtues of the quince, says that the fruit warded off the influence of the evil eye. Other legends connect it with ancient Greek mythology, as exemplified by statues on which the fruit is represented, as well as by representations in the wall paintings and mosaics of Pompeii, where quinces are almost always to be seen in the paws of a bear.
- "Greeks and Romans believes the quince was held sacred to Venus, who is often depicted with a quince in her right hand, the gift she received from Paris. The "golden apples" of Virgil are said to be quinces, as they were the only "golden" fruit known in his time, oranges having only been introduced into Italy at the time of the Crusades."

M. Grieve, A Modern Herbal, Vol. 2

Quince History

- "The fruit, being dedicated to Venus, was regarded as the symbol of love and happiness, and Plutarch mentions the bridal custom of a quince being shared by a married pair. Quinces sent as presents, or shared, were tokens of love. The custom was handed down, and throughout the Middle Ages quinces were used at every wedding feast, as we may read in a curious book, *The Praise of Musicke*:"
- "'I come to marriages, wherein as our ancestors did fondly and with a kind of doating, maintaine many rites and ceremonies, some whereof were either shadowes or abodements of a pleasant life to come, as the eating of a Quince Peare to be a preparative of sweet and delightful dayes between the married persons.'"

M. Grieve, A Modern Herbal, Vol. 2



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Review

A review of phytochemistry and bioactivity of quince (*Cydonia oblonga* Mill.)

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Phytochemicals isolated from quince (*Cydonia oblonga* Mill.) were reviewed along with their bioactivities tested on animal models and *in vitro* tests. The review covers the findings from traditional medicines of different nations to the recent investigations and consisted of 52 references.

Key words: Phytochemicals, *Cydonia maliformis*, *Cydonia vulgaris*, *Pyrus cydonia*.

Table 1. Medicinal usages of different parts of quince.

Ethnic Affments treated	Part used	Preparation	Administration route	Reference
Anticanceric, antimutagenic, antiproliferant, anti-cancer	Fruits/Seeds	Extract	Oral	Ozko et al., 2002
Antibacterial	Seeds, pulp and peel	Extract	In vitro	Sezgin, 2004
Antibacterial	Seeds, pulp and peel	Extract	In vitro	Fattouch et al., 2007
Antidiabetic	Fruits	Raw/cooked	Oral	Tahmouzi et al., 2007
Antidiabetic	Leaves	Hydroalcoholic extract	Oral	Akden et al., 2010
Antidiabetic	Leaves	Hydroalcoholic extract	Oral	Palmas et al., 2001
Antidiabetic	Leaves	Hydroalcoholic extract	Oral	Akden et al., 2010
Antihemolytic and free radical scavenging	Leaves	Extract	In vitro	Costa et al., 2009
Antihyperglycemic	Leaves	Decoction	Oral	Tarasat et al., 2001
Antihyperlipidemic	Leaves	Extract	Oral	Khadem, 2009
Cardiovascular, hemorrhoids, bronchial asthma and cough	Leaves	Decoction	Oral	Yildirim et al., 2001
Conjunctivitis	Seeds	Decoction	Eye drop	Sokkoui et al., 2002
Cough, Bronchitis, Constipation	Seeds	Decoction	Oral	Ghanadi et al., 2003
Cough, Bronchitis	Leaves	Decoction	Oral	Tutalei and Toker, 2000
Cystitis	Fruits	Cooked	Oral	Selek et al., 2001
Diarrhea	Leaves	Decoction	Oral	Sarı-Kundaklı et al., 2011
Diarrhea and stomach ulcers	Leaves and seeds	Decoction	Oral	Sarı-Kundaklı et al., 2011
Diarrhea, dysentery, sore throat, cardiovascular and kidney diseases	Leaves	Decoction	Oral	Skidmore-Roth, 2001
Dysuria	Leaves	Decoction	Oral	Kolko, 2007
Drug-induced myocardial necrosis	NM ^a	NM ^a	Oral	Goyel et al., 2010
Emollient for the skin	Fruits	Decoction	Topical	Paproni et al., 2004
Headache	Fruits	Decoction	Oral	Gorji, 2003
Healing on skin lesions	Seeds	Mucilage added to a cream base	Topical	Hammami et al., 2010
Hemorrhoids	Leaves	Infusion	Infusion	Tutalei and Aymaz, 2001
Hypertension	Leaves	Decoction	Oral	Camejo-Rodriguez et al., 2003
Inflammatory bowel disease	Fruits	Decoction	Oral	Rahimi et al., 2010
Kidney protection	Leaves	Decoction	Oral	Jouyban et al., 2010
Laxative	Fruits	Direct ingestion	Oral	Aguel et al., 2003
Migrain, nausea, common cold and influenza	Seeds	Boiling the fruits in water	Oral	Hijazi et al., 2001
Phimosis, hepatitis, arthritic, Menorrhagia, skin cracking, hemorrhoid, diarrhoea, cancer, whooping cough, digestive and enteritis	NM	NM	Oral	Saganwan (2010)
Stomach ulcer	Leaves	Decoction	Oral	Sarı-Kundaklı et al., 2011

NM, Not mentioned.

Quince Antioxidants

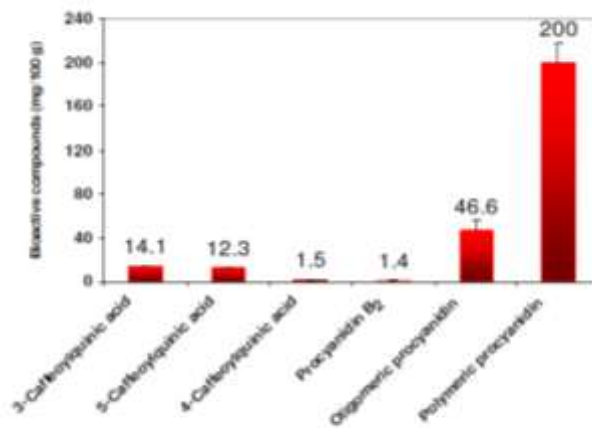


Figure 2. Hydroxycinnamic acid derivatives and flavan-3-ol contents of quince fruit (Hamedani et al., 2005).



Nettles: Food, Nutrition and Medicine



Energetic diffusive

Nettles (*Urtica dioica*)

Part Used:

Leaf, stem and root

Species:

Urtica dioica

Urtica urens

Family: Urticaceae

Uses: Food, Fiber, Medicine



Urtica Leaf and Stem: Medicinal Uses

- Nutritional Alternative
- Anti -Allergy
- Diuretic
- Anti-Arthritis
- Sinus support
- Liver support
- Anti inflammatory
- Mineral and protein source



Constituents of *Urtica dioica*

- Herb
 - Chlorogenic Acid
 - Caffeoylmalic Acid
 - Flavonoids
 - Essential Oil
 - Amino Acids
 - Minerals
- Stinging Hairs
 - Acetylcholine
 - Histamine
 - Serotonin



Close up of stinging Trichomes from *Urtica dioica*

Nettles Indications

- ▀ Tissue states: atrophy, stagnation, depression, toxicity
- ▀ Indications: Low blood pressure, hair loss, mucus, diarrhea, swelling, edema.
- ▀ Anemia of pregnancy, deficient lactation
- ▀ Arthritis, gout, burns, hives
- ▀ Atrophy of muscles or organs
- ▀ Delpetion, weakness
- ▀ Allergies with protein sensitivities.

Nettles: Warnings and Contraindications

- ▀ Contact with fresh plant causes urticaria and can cause redness, swelling and pain which can last minutes to hours
- ▀ Continue stinging causes tolerance and less symptoms



Nettles: Warnings and Contraindications



- Cooking or steaming fresh herb will denature stinging trichomes and is safe for eating.
- Long term use may cause mucous membrane drying.
- Drug interactions: None

Nettles: Key Herbal Actions

- Build it up or tear it down!
- Make something with nettles!
- Queen of the nutritional alteratives
- Organ affinities: liver, blood, spleen, bone marrow, lymph.
- An Herbal deconstruction, construction crew.

Build your health with Nettles !

Tear it down!



Build it Up



Ashwagandha
Withania somnifera

Ashwagandha: *Withania somnifera*

Part used: Dried root

Other common names: Winter Cherry

Growing region: Native to India & Sri Lanka, west to the Mediterranean and also parts of Africa. Naturalized elsewhere.

History/Tradition:

- The name derives from the smell of a horse
- Reputed to give the energy & sexual vitality of a stallion
- Used in Ayurveda as a rasayana or rejuvenator

Ashwagandha: *Withania somnifera*

Uses:

- Relaxing adaptogen*
- Chronic stress, especially associated with nervousness*
- Improve vitality & strength*
- Anxiolytic; mood enhancing*
- Enhances endocrine function
- Supports healthy thyroid function*
- Sexual tonic & rejuvenator*



Ashwagandha

Withania somnifera

Dose:

Add 1 full squeeze of the dropper bulb to 2 oz. of water or juice, 2 to 3 times per day. Best taken between meals.

Cautions/Interactions:

- Seek expert medical advice before taking during pregnancy.
- No known drug or supplement interactions.

Spring Tonic Elixir

Ingredients:

- 6000 liter water
- 1 cup ashwgandha powder
- 1 cup Chaga
- 12 fresh nettles, 3-4 inches tall
- 4 fresh dandelion leaf and roots
- 1 juice and skin of organic orange
- 1 cup dark organic brown sugar
- Bring herbs to boil and simmer for 4-6 hours

Quince Currant Spring Spritzer

- 70g of fresh red currant blossoms
- 200 grams for fresh spring nettles
- Quince fruit syrup (fall)
- Black currant concentrate
- 4000 liters of water
- One, Lemon and lime, juice and zest
- Bring water to boil, add nettles and red currants and infuse for 30 minutes
- Strain and add syrups and black currant concentrate to desired sweetness
- Ice and pressurize with CO2

Resources:

Glen Nagel, gsnagel@msn.com

Books:

- *Encyclopedia of Spirits and Liqueurs*, Stuart Walton and Norma Miller
- *Homemade Liqueurs and Infused Spirits*, Andrew Schloss
- *Grossman's Guide to Wine, Spirits and Beers*, Harold J. Grossman. Classic 1955 edition.