

## HOW I PREPARE A FAVORITE LEMON HERB VINEGAR by Susan Belsinger

This is one of my favorite combos for herbal vinegar.

Use a blend of some of the lemon herbs including lemon balm, lemon grass, lemon basil, lemon thyme, and/or lemon verbena with a few slices of fresh gingerroot and a few slices of fresh lemon, halved with seeds removed. Organic apple cider vinegar or good quality white wine or rice vinegar make the best herb vinegars. Apple cider vinegar and umeboshi plum (sometimes called ume — and it is salty) vinegars are healthy choices. Harvest your herbs on a sunny morning, clean the sprigs if necessary and pat them dry. Fill clean jars about half to three-quarters full of the herbs you have chosen along with the gingerroot and lemon slices, and cover them with vinegar. Use a plastic canning lid, or before you screw the lid on, cover the mouth of the jar with plastic wrap. Set the jars in your pantry or on a shelf in a cool, dark place and infuse the herbs and vinegar for 3 to 4 weeks. I shake mine whenever I think to do so. After this time, you can remove the herbs by straining the vinegar, or leave them in the jar. Pour the vinegar into smaller bottles, adding a fresh sprig of the herb if desired, and label. Store the vinegars in a cool, dark place and use them within a year.

Herb Society of America – “Lemon Balm: An Herb Society Guide”

<http://www.herbsociety.org/grow/hsa-publications/hsa-essential-guides.html>

Interesting Websites on Lemon Flavored Herbs

<http://www.motherearthliving.com/In-the-Garden/herbal-harvest-3-lemon-verbena-recipes>

<http://www.scentedgeraniums.co.uk/pelargoniumscents.html>

Lists of scented geraniums by scent groups and gives lots of information on each plant

<https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-lemongrass.html>

Information on lemongrass

<http://www.motherearthliving.com/gardening/grow-these-lemon-scented-plants>

Wonderful article about a large variety of lemon scented plants – herbs, flowers etc. and how to create a themed garden

<http://articles.mercola.com/herbal-oils/lemon-eucalyptus-oil.aspx>

How to make your own lemon eucalyptus insect repellent

<http://www.motherearthliving.com/in-the-garden/love-your-basil-lemon-basil>

Wonderful lemon basil lemonade recipe