

THE ROOTED WISDOM · VIRTUAL WORKSHOP

Matters of *the Heart*

Recipes to take home, and the medicine we shared from our apothecaries

NOVEMBER 1, 2026

with Dara Pressley, Julie Moody-Freeman & Ericka Mabrie

◇ RECIPE · A HEART CORDIAL

Thorn & *Honey*

from The Sage

GATHER

- ◇ 50g hawthorn berry
- ◇ 25g damiana leaf
- ◇ 12g rose petals
- ◇ 6g cinnamon chips
- ◇ 6g orange peel
- ◇ 2 cups + 2 tbsp brandy
- ◇ 4 tsp honey, to taste

METHOD

New moon evening: herbs into a clean quart jar, brandy over to cover. Cap and shake.

Rest somewhere dark and cool. Shake every few days.

Next new moon: strain through cheesecloth, press the berries, stir in the honey, bottle.

Start something tender. Let it ripen in the dark.

USE WITH CARE Hawthorn works on the heart — if you take heart or blood-pressure medication, talk with your provider first. Not for pregnancy. Contains alcohol.

◇ RECIPE · A DAILY CUP

3 Hearts *Tea*

from The Sage

GATHER

- ◇ 2 parts hawthorn leaf & flower — *the heart that beats*
- ◇ 2 parts linden — *the heart that feels*
- ◇ 1 part rose petals — *the heart that delights*
- ◇ ¼ part dried ginger — *to wake it and warm it*

METHOD

A heaping tablespoon per cup. Just-boiled water over it.

Cover — keep the rose and linden's scent in the cup. Steep 10 to 15 minutes.

Strain. Honey if you like.

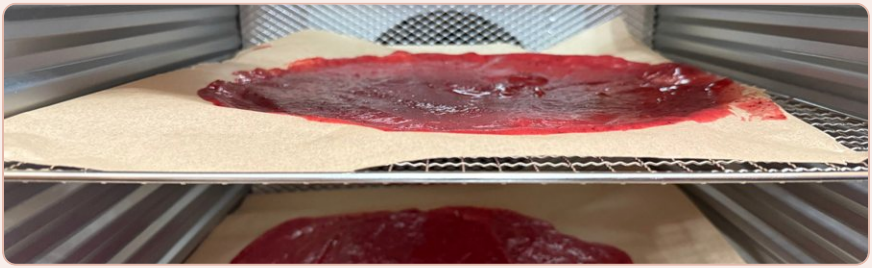
A cup for every day, not only the hard ones.

USE WITH CARE If you take heart or blood-pressure medication, talk with your provider first.

◇ JULIE'S STARSEED JOY-FILLED RECIPE

Hawthorn, Hibiscus *& Rose* Fruit Strips

from Julie Moody-Freeman



STEP ONE · SOAK

Soak the following for at least 4 hours in 2–3 cups water:

- ◇ 1 cup hawthorn fruit
- ◇ ¼ cup rose
- ◇ ¼ cup hibiscus

STEP TWO · BLEND

Once the hawthorn fruit, rose, and hibiscus have softened, strain the plants and save the liquid you used to soften them. Blend:

- ◇ ¾ cup of the softened hawthorn, rose & hibiscus mixture
- ◇ ¼ cup of the liquid you saved
- ◇ ¼ cup honey

Strain the blended mixture to remove seeds and unblended plant matter.

STEP THREE · DEHYDRATE

Spread the blended mixture on parchment paper and dehydrate at 135°F for 6 hours.

STEP FOUR · ROLL

Cut into strips, leaving the parchment paper on. Roll up the strips, bottle, and store in a cool place.

◇ ERICKA'S RECIPE

Hawthorn *Marshmallows*

from Ericka Mabrie

GATHER

- ◇ 3 tablespoons marshmallow root
- ◇ 1½ cups cold water
- ◇ 3 tablespoons powdered gelatin
- ◇ 1 cup raw honey
- ◇ 2 tablespoons powdered hawthorn berry
- ◇ 1 tablespoon vanilla extract
- ◇ pinch high-mineral salt
- ◇ coconut or olive oil — *for oiling your pan and spatula*
- ◇ 3–4 tablespoons arrowroot powder — *for dusting*

METHOD

1. The night before, make your marshmallow infusion by combining 3 tablespoons of marshmallow root with 1½ cups of cold water. Let sit overnight, then strain using a fine mesh strainer or cheesecloth.
2. Cut a piece of parchment paper to fit the bottom of a 9"×13" baking dish. Rub the bottom of the pan with a bit of coconut or olive oil to help the parchment stick in place, then lightly grease the parchment with more oil.
3. In a large mixing bowl (or the bowl of a stand mixer), combine 1 cup of marshmallow root infusion and the powdered gelatin, stirring until the powder fully dissolves and the mixture looks frothy. Add vanilla, hawthorn berry powder, and a pinch of salt and set aside to allow the gelatin time to bloom.
4. In a small saucepan, combine ½ cup marshmallow root infusion with 1 cup honey and bring to a boil over medium-high heat; continue simmering until the honey mixture reaches 240°F.

continued ◦

Hawthorn *Marshmallows*



5 Pour the hot honey mixture into the mixing bowl with the bloomed gelatin.

6 Using an electric hand or stand mixer at medium-high speed, whip until the mixture stiffens and doubles in size. This may take 10–15 minutes. You're looking for ribbons but not super stiff, or you'll have trouble smoothing it out in the pan. Add your loving intentions.

7 Using an oiled spatula, spoon the marshmallow mixture into the prepared pan, smoothing out the surface as you go.

8 Let the pan of marshmallow set and dry at room temperature for at least 8 hours.

9 Prepare a small bowl filled with a few tablespoons of arrowroot powder. Sprinkle some arrowroot powder on top of the mixture and smooth out with a spoon to prevent sticking.

10 Lightly grease a sharp knife with oil and cut marshmallows into squares. Use a paper towel saturated with a bit of oil to wipe down your knife between cuts.

11 Toss marshmallow squares in arrowroot powder, tapping off any excess powder.

12 Transfer to an airtight container and store at room temperature for up to 3 days or in the freezer for up to 2 months.

◇ IN STORE

From Our *Apothecaries*



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A heart-centered herbal elixir

The three hearts you met — linden, rose, and hawthorn — with hawthorn berry, St. John's Wort, and ginger, bottled and ready.

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Contains St. John's Wort. Not for pregnancy or breastfeeding, or with medications including antidepressants and birth control. Talk with your provider.



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Our next virtual workshop. Register at therootedwisdom.com.

$15 / MONTH

Herb-Curious Membership

Every workshop replay, including this one — and the community that gathers around them.

◇ ◇ ◇

Stay Rooted.

The Sage ◇

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