



Welcome to Everyone a Maker!

Thank you for joining us for this special online edition of **Everyone a Maker – Healing Herbs**. The film will be available for you to watch in your own time from **9am on Sunday 27 Mar** – we'll send you a link to view it on the Friday before (25 Mar). Follow the prompts on screen to tell you how to make your syrup.

We invite you to bring together the energy of Spring and sample one of the traditions of Ramadan with a virtual morning of creativity by making a **Lavender and Elderflower Syrup**. Elderflower is a Spring herb whilst Lavender is great to make a warming that is refreshing, thirst quenching and calming to the digestive system, which makes it great to drink at the end of a long day of fasting.

LAVENDER AND ELDERFLOWER SYRUP RECIPE

INGREDIENTS YOU'LL NEED

- 10g Dried Lavender
- 10g Dried Elderflower
- Labels/Tags to label your jars
- 200ml of water
- 70-100g of sugar (you can use any sugar e.g. brown, white, coconut)
- 2-4 tablespoons of honey
- 1 Lemon (for your lemonade)

EQUIPMENT YOU'LL NEED

- Medium sized pot
- Wooden spoon
- Strainer
- Measuring Jug
- Glass bowl
- Old honey/jam jar

METHOD

- Bring water to a rolling boil, then let simmer in medium sized pan
- Add lavender and elderflowers, stir and let steep for 2-3 minutes (e careful not to steep too long—lavender can be really strong)
- Strain flowers and return water to the pot, then bring back to a boil. (the strained flowers can be added to the compost)
- Slowly add the sugar/honey and stir until completely dissolved
- Pour the syrup through a strainer and into your jar/bottle
- Use your label to name your elixir – make sure to include the name of the syrup, the date on which it was made, and how to use it
- This syrup can be used to make your lemonade, be added to make a tea, sprinkled on cereal, yoghurt or you can even take a teaspoon straight out of the jar

To make a refreshing lemonade – use 1-2 tablespoons of the syrup, add the freshly squeezed

lemon juice and top with the cold water and ice. You can add carbonated water if you like your lemonade fizzy

To make a herbal ice lolly – add 1-2 tablespoons of syrup and some water or fresh apple juice into an ice lolly mould. (if you do not have a mould, use a paper/plastic cup with a wooden spoon) Place in the freezer for 30-60mins. Then enjoy!

To make a warming tea – use 1-2 tablespoons of syrup, add boiling water, stir and drink

SHOW US YOUR WORK

After the session has finished, we'd love to see your creations! Please send any photos to **marketing@richmix.org.uk** with 'Everyone a Maker' as the subject line. If you have any other feedback or comments about the session, please send those too.

Have fun!
Rabiah and Tracy