

Fennel Tincture

Pick enough fennel flower heads to fill a quart jar.

Fill the jar halfway with 100 proof vodka or Everclear.

Pour the contents of the jar into a blender.

Pulse the blender several times to break up the flowers.

The vodka will now cover the flowers so you can pour everything back into the jar.

Label the jar, put the lid on tightly, and shake every day for 4 weeks.

Strain the liquid through a straining cloth. Store the tincture in an amber glass jar in a cool dark place.

Recipe by Jo Francks