

## WILD-HARVESTED HERBAL

Apple cider vinegar has been prized by herbalists for centuries for good reason: it alkalises our bodies, and boosts the effectiveness of our digestion. Plant Medicine takes this naturally fermented tonic further, enriching finest organic raw vinegar with effective and delicious healing herbs. Each Epicurean Tonic is potentiated with the distinctive properties and flavours of particular herbs - at once a delectable food and a daily boost to natural health.

This flavoursome vinegar brings together over fifteen selected in-season plants which are traditionally valued for their high mineral content. This blend captures the complex goodness of a varied plant diet: it nourishes skin, bone, hair and nails and supports liver and digestive health. Seasonal leaves and roots provide green herb notes and a hint of bitter balanced by the sweetness of flower nectar.

Wild Harvested Herbal can be enjoyed daily as a tonic or as a healthy addition to your favourite foods and fresh juices. Use lavishly on fresh salads and in dressings. Tasty splashed on fish and chips and roasted vegetables. Enlivening in hot water and honey.



## ROSEMARY AND MAPLE HERBAL SPRITZER

6cm sprig of fresh rosemary  
10ml **Wild-Harvested Herbal** vinegar  
1 tsp maple syrup  
250ml chilled sparkling water

Bruise the rosemary on clean chopping board. In large glass or jug, muddle herbs with vinegar and maple syrup. Add sparkling water, and ice for extra chill.  
Enjoy immediately

Nicole Bostock