



Moonwoven Autumn Nourish Kit

(2025)

Explore our 4 autumn recipes: Fire Cider • Elderberry Syrup •
Golden Milk/Chai Concentrate • Autumn Simmer Pot + printable
tool kit



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Care note: Recipes, rituals, and reflections are educational and spiritual in nature—not medical advice. Please consult a licensed healthcare provider for diagnosis or treatment.

Check ingredients for allergies and do what's right for your body.

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MOONWOVEN AUTUMN NOURISH KIT (2025)

Four simple recipes for inner warmth + a printable tool kit

Welcome

When the air turns crisp and the light leans amber, the kitchen becomes a small apothecary. This mini-guide is a gentle companion for the season—a handful of folk recipes to warm the body, soothe the senses, and invite simple ritual back to the hearth. Keep it light. Keep it kind. Let these jars and steam-clouds be lanterns you can hold.

What's inside (exactly four)

- Fire Cider (feral oxymel)
- Elderberry Syrup
- Golden Milk / Chai Concentrate
- Autumn Simmer Pot (scent ritual—non-edible)
- a printable tool kit: batch logs & recipe sheets, jar label templates (Avery-friendly), safety & sensitivity notes, and how-to-print.

How to use this kit

1. Choose one recipe to make this week.
2. Print the matching batch log and jot ingredients, timings, and one sensory note (color, aroma, heat).
3. Label your jar, date it, and add a tiny serving ritual you enjoy (tea splash, dressing drizzle, simmer scent).
4. Return next week for the next recipe—slow and steady. Short is sacred.

Gentle safety & sensitivity (read once)

- This guide is educational and spiritual in nature—not medical advice.
- Check allergens and do what's right for your body.
- Honey is not for children under 1.
- Fire Cider is spicy and vinegar-based; it may aggravate reflux/GERD—dilute, reduce, or avoid if sensitive.
- Elderberries must be cooked; raw/under-ripe berries can upset the stomach.
- Scents can be strong—ventilate, use fewer spices, or choose fresh air.
- If you're pregnant/nursing, on medications, or managing a condition, consult a licensed provider.

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A few things to gather

Clean glass jars • apple cider vinegar • raw honey/maple • roots & spices (horseradish, ginger, turmeric, garlic, cinnamon, pepper) • citrus • elderberries (dried or fully ripe for cooking) • labels/pen • a calm cup of tea.

A tiny invitation

If something here feels good, keep it. If not, let it fall like a leaf. You can always come back. When the full Autumn Almanac is ready, this kit will link to deeper pages and seasonal rituals.

With warmth,

Kristin — Keeper at MoonWoven Sanctuary
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RECIPES



Nourish your body and warm your spirit with these four seasonal wellness recipes, carefully crafted to support your health through the cooler months. From immune-boosting fire cider and elderberry syrup to comforting golden milk and aromatic simmerpot blends, these time-honored remedies bring together the healing power of herbs and spices. Each recipe offers a simple yet effective way to incorporate natural wellness into your daily routine, creating moments of warmth and self-care when you need them most.

FIRE CIDER

(OXYMEL)

For when the air turns sharp and you want heat in your bones.

One of the things I love about Fire Cider is that it's a very forgiving recipe. It can be tweaked and customized without causing any significant issues. If you ask 3 different people for the recipe, chances are each one will be slightly different, and each person will have their favorite add-ins. Because of this, I can go completely feral. I don't measure this one. I listen. I slice, crush, tear, and bless. Every batch is different because every season is unique, and everybody is different.

What it is

A traditional oxymel: roots, fruits, herbs, and heat slow-infused in apple cider vinegar, then softened with raw honey to taste.

My Method (no measurements)

Prep: 1 gallon glass jar (washed), Lay all your ingredients out, and make sure your knife is sharp

- Cut & slice up your ingredients and layer them in your jar with rough-cut plant allies (see below). Think handfuls, not cups. Shards and slivers, not perfect dice.
- Cover with apple cider vinegar. Enough to submerge everything by a good thumb's depth. Tuck a parchment or fermentation-safe lid between any metal lids as the vinegar will react badly to metal lids.
- Weigh down and wait. Keep plant matter under the vinegar. Shake or stir daily for the first week or so, ingredients can float and anything above the vinegar for too long can cause contamination and mold.. Infuse 4-8 weeks (or longer if your bones say "wait").
- Strain & sweeten. Squeeze through the cloth. Add raw honey to taste, just enough to round the edges.
- Bottle your ember. Label with date, ingredients, and any whispers from the batch.

Everyone's body is different. Let this be a conversation, not a command.

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Ingredients & folk uses

- Fresh horseradish — sharp clearing, opens the head + chest; wakes sluggish places.
- Turmeric — golden warmth; long-loved in folk care for “stiffness” and daily comfort.
- Ginger — cozy heat, belly-soothing companion for chilly days.
- Garlic — kitchen guardian; age-old ally in cold months.
- Red onion — pungent sweetness; old stories say it meets the season’s damp.
- Hot peppers (jalapeño or what’s fresh) — fire-spark, brings circulation to the edges.
- Citrus (orange, lemon, lime) — bright lift; peel brings aromatic sunshine, juice softens the bite.
- Cracked black peppercorn — helps warmth move; bridges flavors like a good friend.
- Cinnamon — hearth spice; gentle internal glow.
- Rosemary — evergreen clarity; “remembering” herb.
- Oregano — wild kitchen medicine; robust, peppery strength.
- Thyme — tiny leaves, big lungs energy in folk tradition.

Add-ins I love

- Dried elderberry — dark fruit of winter lore, often invited for seasonal support.
- Mullein — silvery leaf; folk ally for breath and softness.
- Rosehips — ruby tang; brightens and nourishes the blend.
- Beets — earth-sweet, jewel color, a hum of grounded vigor.

(Use fresh or dried where noted; trust your senses and what’s available.)

Traditional & Modern ways folks enjoy it

Folk herbalists often emphasize: “Start small, listen to your body, adjust.” Because each person responds differently. No dosing guidance here—please honor your own body and any advice from a licensed herbalist or healthcare provider. Common, time-worn ways include:

As a Tonic

- A splash in warm water or tea as a bracing morning tonic
- A small sip when you come in from the cold, like lighting a lantern inside
- At the very first signs of illness (scratchy throat, sniffles, fatigue)

Culinary

- Drizzled into marinades, broths or over roasted roots for a bright, spicy lift
- Whisked into dressings with olive oil and mustard
- Any recipe that includes vinegar, your Fire Cider will give a nice kick to it.

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Precautions & care (read me)

This is educational and spiritual in nature, not medical advice.

- Check for allergies (alliums, nightshades, citrus, honey, herbs).
- Raw honey is not recommended for children under 1 year.
- Vinegar can be rough on teeth. Rinse or dilute.
- Hot peppers + horseradish can irritate eyes/skin; wash hands well.
- If you are pregnant, nursing, have GI conditions, gallbladder issues, or take medications (especially blood thinners or those affected by herbs/spices) please consult a licensed healthcare provider before enjoying.
- Because this recipe is vinegar-based and spicy, it may aggravate acid reflux, GERD, or sensitive stomachs.
- Discontinue if your body says “no.”

Keep wandering (research & community)

Curiosity is part of the craft. Explore Fire Cider communities/groups (Facebook has several vibrant ones), herbal forums, and trusted kitchen herbalism books. Compare methods, ingredients, and stories—let your practice be informed and your choices your own.

This offering is shared as folk wisdom and a self-care ritual. It is not a substitute for medical advice, diagnosis, or treatment. Please consult a licensed healthcare provider for your unique needs.

ELDERBERRY SYRUP

dark fruit, Fall & Winter's Ally

Sweet-tart and jewel-toned, elderberry syrup is a kitchen ritual rooted in old folkways. Each batch feels like bottling a little forest night: dark, protective, quietly powerful. Families once turned to it when the air grew cold, stirring it into teas, drizzling it over porridge, or taking it by the spoon as a seasonal shield.

Traditional Folk Uses

- Elderberries (*Sambucus nigra*): Often called the people's medicine chest in European traditions, valued as a winter companion.
- Cinnamon, ginger, cloves: Spices of hearth and circulation, both warming and tasty.
- Honey: A natural preserver and sweetener, with its own place in folk care.

Methods

1. Stovetop (concentrated & hands-on)

- Simmer elderberries (fresh or dried) with water and spices, low and slow, 30–45 minutes until reduced by half.
- Strain, cool to warm, and stir in raw honey.
- Store in glass jars in the fridge.

Best for: smaller, stronger batches with more presence of spice.

2. Crockpot / Slow Cooker (gentle & steady)

- Combine berries, water, and spices in a slow cooker.
- Set to low for 4–6 hours.
- Strain, cool, and fold in honey.

Best for: larger batches, ease, and reduced risk of scorching.

Fresh vs. Dried Berries

- Fresh: Plump, full of water—require less liquid but must be cooked (never eaten raw, as unripe or raw berries can upset the stomach).
- Dried: Easy to source year-round, more concentrated, and shelf-stable. Soak briefly before cooking for a softer finish.

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Add-ins I Love

- Rosehips — ruby tang, brightens and enriches.
- Orange peel — a spark of sunshine in the dark season.
- Star anise — mysterious, licorice warmth.
- Cloves — sharp and cozy, an old winter spice.
- Cardamom pods — soft floral hum.
- Vanilla bean — smooth sweetness to round the edges.
- (No two batches alike—each jar carries the mark of its maker and the mood of the season.)

Tips for Stability

- Let the liquid cool before adding honey to preserve its raw qualities.
- Store refrigerated: generally keeps 4–6 weeks.

To stretch its life:

- Add a splash of brandy or apple cider vinegar.
- Use sterilized glass bottles or swing-top jars.
- Freeze in ice cube trays for single servings.

Precautions

- Always cook berries—raw or under-ripe elderberries can cause nausea or stomach upset.
- Not for children under 1 year (due to honey).
- Those who are pregnant, nursing, have autoimmune conditions, or take medications (especially for blood sugar or immunity) should consult a healthcare provider before use.
- May irritate sensitive stomachs—if you live with reflux, GERD, or other GI conditions, test slowly and gently.
- Listen to your body; discontinue if it says “no.”
- This is for educational purposes. and not medical advice

Traditional Enjoyment

- (not dosing, just folk practices)
- Stirred into tea or lemon water on frosty mornings.
- Mixed with sparkling water for a winter soda.
- Drizzled over pancakes, oats, or yogurt.
- A spoonful sipped as a seasonal ritual.

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COZY GOLDEN MILK / SPICED CHAI CONCENTRATE

The Glow in a Cup

If fire cider is too fierce and elderberry too dark, this is the gentler ember—warming without bite, soothing without sting. Golden milk and spiced chai have long histories across cultures as drinks of comfort, digestion, and glow. This version is a concentrate you can keep on hand, ready to swirl into milk of choice when the chill settles in.

Traditional Folk Uses

(educational, not medical advice)

- Turmeric: the “golden root,” loved for warmth, balance, and glow.
- Ginger: spicy comfort for belly and breath.
- Cinnamon + cardamom: heart of chai—warming, sweet, and grounding.
- Cloves: sharp, protective, pungent.
- Black pepper: awakens turmeric’s golden qualities, essential partner.
- Milk (dairy or plant): carrier of nourishment and softness.
- Honey or maple: gentle sweetness, holding and preserving the glow.

Methods

1. Stovetop Concentrate

- Combine water, spices (whole or ground), and sliced ginger in a saucepan.
- Simmer gently for 30–40 minutes until reduced by about a third.
- Strain, then stir in honey or maple to taste.
- Store in the fridge; add to warm milk when ready to serve.
- Best for: smaller, stronger batches with deeper spice notes.

2. Crockpot / Slow Cooker

- Place the same ingredients in a slow cooker.
- Set on low for 4–6 hours.
- Strain, then sweeten once cooled slightly.
- Store chilled; best within a week.
- Best for: hands-off brewing and larger batches

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Add-Ins, Variations & Gentle Swaps

(make it yours—keep black pepper for turmeric’s glow, but soften or skip other strong notes if they don’t sing to you)

- Nutmeg (pinch): warm, cozy depth.
- Star anise (1 pod or less): licorice note—beautiful, but powerful.
- Vanilla bean or extract: smooth, round sweetness.
- Orange peel: citrus lift, brightens and balances.
- Cocoa nibs (1–2 tbsp): earthy chocolate whisper.
- Rooibos: caffeine-free body with honeyed flavor; add near the end.
- Black tea: classic chai depth; steep bags in the final 5–10 minutes, remove before cooling.

For those sensitive to “chai” flavors:

- Keep turmeric, ginger, cinnamon, and black pepper as the golden base.
- Skip or halve cloves and cardamom (the usual “too strong” notes).
- Round edges with vanilla or orange peel.
- Use extra milk and less concentrate for a softer, cozier cup.

Tips for Glow & Longevity

- Use whole spices for deeper flavor and longer storage.
- Refrigerate in sterilized jars; keeps about a week.
- For longer keeping: freeze in ice cube trays for single servings.
- Shake or stir before serving—spices like to settle.

Precautions

- Turmeric + black pepper are powerful—start with small servings if new to them.
- May stain clothing, counters, and even spoons. Handle as golden paint.
- If you live with reflux, GERD, or sensitive digestion, test gently—spices may aggravate.
- Not for infants; those pregnant, nursing, or on medications should consult a healthcare provider.
- This is for informational purpose only and not medical advice

Serving Rituals

- Stir 2–3 tbsp concentrate into a cup of warm milk (dairy or plant).
- Top with frothed milk for a golden latte.
- Sweeten with honey or maple.
- Dust with cinnamon before sipping.

Drink slowly—let the glow spread.

AUTUMN SIMMER POT

“gathering the glow” for the senses

When the air turns crisp, scent is a hearth of its own. An autumn simmer pot is simple kitchen alchemy: fruit, peel, and spice resting in warm water, sending small, steady comfort through the house. Nothing to drink here—just a fragrant invitation to soften.

What It Is

A gentle, stovetop (or slow cooker) scent ritual made from whole ingredients—no aerosols, no harsh perfumes. Cozy, affordable, endlessly adaptable.

NOT FOR CONSUMPTION, DO NOT DRINK

Methods

1) Stovetop (quick & cozy)

- Add ingredients to a small pot with water (fill $\frac{3}{4}$ full).
- Bring to a bare simmer, then turn to low.
- Top up with water as it evaporates. Let the fragrance rise, slow and steady.

2) Slow Cooker (set & forget)

- Add ingredients and water to a small slow cooker.
- Set to low with the lid partly ajar to release steam.
- Check the water level every hour or so.
- Not for sipping—this is a scent potion only.

A Simple Autumn Blend (start here)

- 1-2 orange slices (or just peel)
- A handful of apple peels/cores
- 2-3 cinnamon sticks
- 6-8 whole cloves
- 3-4 ginger slices
- Water to cover

Warm, bright, gently spiced—like opening the oven on pie day.

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Variations & Mood Blends

(omit or reduce anything that feels too strong to your senses—follow your nose)

Forest Walk: orange peel, rosemary sprig, bay leaf, peppercorns

Vanilla Hearth: orange peel, vanilla bean/extract, cinnamon, star anise (1 pod)

Crisp Orchard: apple peels, lemon peel, cinnamon, allspice (3–5 berries)

Citrus Lift: lemon + orange peel, cardamom pods (3–4), ginger

Spice Market: cinnamon, cloves (just a few), star anise (1), orange peel, nutmeg (a pinch)

Holiday Drift (later season): orange peel, cinnamon, cloves, cranberries (handful)

Gentle tip: If clove/cinnamon feel “too much,” use fewer—spices are potent. Keep black pepper out here unless you enjoy a peppery note.

Tips for Longevity & Ease

Top up with water as needed; never let the pot run dry.

Refresh daily if reusing; compost spent ingredients when scent fades.

Use peels + scraps from cooking/baking—waste-wise and fragrant.

A few drops of vanilla or citrus extract can revive a tired pot.

For photos or display, dehydrate citrus slices (low oven 2–3 hrs) and store for future simmer days.

Care & Precautions

Stove safety: lowest heat, water above ingredients, never leave completely unattended.

Ventilation: open a window a crack if you're scent-sensitive.

Pets & little ones: strong spice oils (clove, cinnamon, star anise) can be intense—use fewer, and keep hot pots out of reach.

Allergies: avoid ingredients you're sensitive to; citrus and spice volatiles can be prickly for some.

Little Rituals

- Begin with a breath: what do I want this room to feel like?
- Add ingredients with intention—one by one.
- As the steam rises, write one line of gratitude or release.
-



Recipe Trackers



Recipe Trackers for Your Home Apothecary

Every batch is a little seasonal story. Harvest, weather, and the energy you bring all leave their mark. These trackers are here to help you grow as an intuitive, intentional home apothecary keeper—noting ingredients, timing, ratios, and tiny tweaks so you can see how each choice shapes aroma, color, texture, and feel. Use these pages to honor the magic of each creation, learn from your notes, and craft gentle, personalized preparations that support your rhythm and ritual.

As you move through the seasons, let these pages become your house lore. After each make-day, note the essentials—what you used, how you prepared it, and one feeling from your body while crafting. When you taste or tend the batch later, add a few sensory notes (color, aroma, texture, heat) and one small tweak you'd try next time.

After a handful of entries, patterns appear: extra ginger on damp days, cinnamon feels heavy when reflux flares, slow infusions taste rounder. Celebrate the imperfect jars; they teach ratio and rhythm. Date your labels, record where ingredients came from, and honor substitutions that suit your needs and region. Short is sacred—a few clear lines are enough. In time these trackers become a lantern for your future self, guiding you back to what feels good, true, and kind in your home apothecary.

Educational and spiritual in nature—not medical advice. Please do what's right for your body and consult a licensed provider for care.

ELDERBERRY SYRUP

Recipe quantities - 1 pound of dried elderberries will yield approximately 14-16 cups of finished syrup



Traditional Ingredients

- _____ 1lb Elderberries
- _____ Water 16 - 20 Cups
- _____ ½ cup fresh chopped ginger
- _____ 6-8 Cinnamon
- _____ 6-8 Star anise
- _____ Peel of 2 Oranges (no Pith)
- _____ Peel of 2 Lemons (no Pith)
- _____ 1 cup Rosehips
- _____ 1-2 Vanilla Bean pods
- _____ 2 - 4 cups Raw Honey

Additional Ingredients

Batch # _____
Maker _____
Brew date _____
Sweetened _____
Sweetener type _____
Sweetener (amount) _____

Batch size Small Medium Large
Method: Stove Top Crock Pot
Preservative (optional splash) brandy ACV
Preservative amount: _____
Bottled into: _____ bottles @ _____ oz each

Sensory Notes (this batch's "signature")

Color: _____
Aroma: _____
Viscosity: thin _____ medium _____ thick _____
Final Flavor:
bright • tart • warming • clove-y • citrus • vanilla • other: _____
What I'd change next time: _____

Notes _____

COZY GOLDEN MILK / SPICED CHAI CONCENTRATE

The measurements below will yield approximately 2-3 cups of concentrate.



Traditional Ingredients

- _____ 1/2 cup Turmeric fresh 1/4 cup ground
- _____ 1/2 cup Ginger fresh 1/4 cup ground
- _____ 3-4 Cinnamon sticks 2 tbsp ground
- _____ 2 tbsp Cardamom (pods, crushed) or 1 tbsp ground
- _____ 1 tbsp Cloves (whole)
- _____ 2 tsp Black pepper coarsely cracked
- *essential partner for turmeric*
- _____ 1 cup Sweetener raw honey maple syrup
- _____ 1-2 Vanilla bean fresh 1 tsp extract
- _____ 4-5 cups Water
- _____ 1-2 tbsp Cocoa nibs (optional)
- _____ Peel of 1 Orange (optional)

Additional Ingredients

Batch # _____
 Maker _____
 Brew date _____
 Strain _____
 Sweetener type _____
 Sweetener (amount) _____

Reduction (about) 1/3 1/2 other: _____
 Bottled into: _____ bottles @ _____ oz each
 Tea: none black tea (bags/leaves) *added in last 5-10 min*
 Method: Stove Top _____ Crock Pot _____

Sensory Notes (this batch's "signature")

Color: _____
 Aroma: _____
 Spice heat (1-5): 1 2 3 4 5
 Final Flavor:
 creamy • earthy • peppery • citrus • vanilla • floral • other: _____
 What I'd change next time: _____

Notes _____

AUTUMN SIMMER POT

(Aromatherapy scent ritual, not for drinking)

Average simmer pot bag SIZE

All dried ingredients 1-2 oz, Fresh fruit and spice mix. 4-8 oz



Traditional Ingredients

- _____ Orange peel strips - dry Fresh
- _____ Lemon peel strips - dry Fresh
- _____ Apple peel - dry Fresh
- _____ Cranberries - dry Fresh Frozen
- _____ Ginger- dry Fresh
- _____ Cinnamon Stick Powdered
- _____ Vanilla Bean Extract
- _____ Cloves (whole)
- _____ Star anise
- _____ Bay leaf
- _____ Nutmeg
- _____ Allspice

Additional Ingredients

Batch # _____

Batch Type: Fresh single-use Dried multi-use Frozen

Maker _____

Batch Size: Single 4-5 bags 10-12 bags

Date _____

Packaged into: _____ Bags @ _____ oz each

Blend name _____

Moisture control: Food-safe desiccant Oxygen absorber

Blend intention _____

None needed

Sensory Notes (this batch's "signature")

Strength (1-5): 1 2 3 4 5

Method: Stove Top _____ Crock Pot _____ wood stove

Aroma: _____

What I wanted the room to feel like: _____

What I'd change next time: _____

Notes _____

Fire Cider — Steeping Log

shake • smell • look • taste

Batch # _____

Jar size _____

Start (infuse) date _____

Target strain date (2–4+ wks): _____

Location: cool/dark _____

ACV strength: 5% (full-strength) other: _____

Weight used to submerge solids: yes no

Lid: plastic metal + parchment

Quick Daily Check (circle or tick)

1. Shake or stir? done
2. Solids fully under vinegar? yes re-submerged
3. Aroma: clean vinegar/herbal sharp/peppery off/yeasty*
4. Look at surface: clear/normal oil ring (citrus) thin flat raft† fuzzy/colored*

*If off-odor or fuzzy/colored growth appears → discard and start fresh.

†Thin flat raft with clean smell can be skimmed; monitor closely.

Checkpoint	Heat (1–5)	Brightness (vinegar/citrus)	Herb balance	Overall
Day 7	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			
Day 14	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			
Day 21	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			
Day 28	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			

After Straining (sweetening & storage)

Honey/maple added? yes no

Amount: _____ (add when liquid is warm, not hot)

Optional pH check (post-sweetening): pH = _____ (aim ≤ 4 if testing)

Storage choice:

- cool, dark pantry (properly acidic, well-strained, no dilution)
- refrigerated (recommended for flavor/quality)

Bottles & labels: clean glass, Shake before use noted yes

Red Flags (stop & discard)

F (fuzzy/colored) growth, ropey strands, or off/yeasty odor

Unexpected fizzing (not just bubbles from shaking)

Diluted with water/juice (lowers acidity) and can't verify safety

What I'd change next time

Heat level:

Citrus/herb ratio:

Infusion length:

Ingredients:

Notes

Tips & Troubleshooting — FAQ

simple answers for cozy, low-stress making

First things first (for every recipe)

- Clean glass, clean tools. Hot-soapy wash or sterilize; air-dry.
- Label everything. Made on / Best by / Batch # / Ingredients.
- Cool before sweetening. Add honey/maple only when liquid is warm, not hot.
- When in doubt, toss it out. If you see fuzzy mold, colored growth, unexpected fizz, or off smells, compost and start fresh.
- Care note: This kit is educational & spiritual in nature—not medical advice. Check allergens and do what's right for your body.

Fire Cider (feral oxymel)

Q: How do I prevent contamination?

- Use glass (non-reactive).
- Keep all solids fully below the vinegar—use a fermentation weight.
- Leave headspace; cap with a non-metal lid or place parchment under metal.
- Shake daily (or when remembered) to re-submerge floaters.

Q: Is Fire Cider shelf-stable? Do I need to refrigerate it?

- Shelf-stable (pantry) is typical when made correctly. Use full-strength 5% apple cider vinegar, keep solids submerged during infusion, strain well, and don't add water/juice (dilutes acidity). Light honey sweetening generally keeps acidity high.
- Refrigeration is optional but recommended for best flavor and longevity. Choose the fridge if you used lots of fresh citrus juice, sweeter ratios, didn't verify acidity, or just want the brightest taste over time.
- Quick acidity check (optional but great): test after sweetening; aim for pH ≤ 4. Avoid over-diluting.

Q: There's a film on top—what now?

- Fuzzy/colored growth: discard.
- Thin, flat raft with clean vinegar/herbal smell: skim, re-submerge, watch closely.

Q: How long to infuse?

- 2–4+ weeks in a cool, dark place. Taste weekly; stop when it sings.

Q: Too hot / too sharp?

- Reduce hot peppers next batch, add a touch more honey/citrus, or dilute in the cup with warm water

 **Elderberry Syrup****Q: Do I have to cook the berries?**

- Yes. Raw or under-ripe elderberries (esp. seeds) can upset the stomach; cooking neutralizes those compounds.

Q: Fresh vs. dried—any difference?

- Fresh = more water, softer flavor. Dried = more concentrated. Cook until reduced by about ½ for a robust syrup.

Q: My syrup is thin/thick. Fix?

- Too thin: return to pan and reduce more (before adding honey).
- Too thick: whisk in warm water a tablespoon at a time.

Q: Shelf life?

- Fridge: ~4–6 weeks. Extend by bottling very clean, adding a splash of brandy or ACV, or freezing in ice-cube trays.

Q: Foam or fizz?

- Skim normal cooking foam. If bottled syrup fizzes or smells fermented, discard and start fresh.

Care notes: Honey not for children under 1. Check spice/citrus sensitivities.

✨ Golden Milk / Spiced Chai Concentrate

Q: Why keep black pepper?

- It's the essential partner for turmeric. If sensitive, use a small pinch rather than omitting.

Q: Bitter or gritty?

- Prefer whole spices; gentle simmer (no hard boil); strain through cloth.

Q: How long does it keep?

- About 1 week in the fridge. For longer, freeze in cubes.

Q: Caffeine control?

- Add black tea only in the last 5-10 minutes, then remove—or skip for caffeine-free.

Q: Stains!

- Turmeric stains—use glass, rinse tools promptly, protect counters/textiles.

🍊 Autumn Simmer Pot (scent ritual — not for sipping)

Q: Best way to run it?

Bare simmer on low; keep water above ingredients; never leave unattended. Top up as needed.

Q: It's too strong / too faint.

Too strong: remove some cloves/cinnamon, add water, lower heat, crack a window.

Too faint: add a fresh citrus peel or a cinnamon stick; lid slightly ajar.

Q: Reuse & storage?

Cool and refrigerate up to 1-2 days; re-simmer once, then compost.

Q: Dry packs for gifting?

Ensure bone-dry ingredients; pack airtight; include a “not for consumption” note.

Pets & scent care: Some animals (and humans) are scent-sensitive—use fewer spices and ventilate.

Labels, Storage & Best Practices (quick glance)

- **Fire Cider:** Pantry-stable when properly acidic (5% ACV, well-strained, no dilution); refrigeration recommended for best flavor/quality. Shake before use.
- **Elderberry Syrup:** Refrigerate ~4–6 weeks; consider small bottles, splash of brandy/ACV, or freeze cubes for longer keeping.
- **Golden Milk/Chai:** Refrigerate ~1 week; shake before serving; freeze cubes for later.
- **Simmer Pot:** Mark “scent ritual only” on any gifted packs; store dry packs cool, dark, airtight.

Sensitivity Snapshot

- **Reflux/GERD:** Fire Cider and strong chai may aggravate—dilute, reduce, or avoid.
- **Allergies:** check honey, citrus, peppers, spices, nightshades.
- **Honey + littles:** not for under-1.
- **Medication/conditions:** If pregnant/nursing or on medications, consult a licensed provider.

Short is sacred. Small adjustments make kinder jars.

Full Disclaimer & Safety Notice

Nature & Scope

This MoonWoven resource is educational and spiritual in nature. It shares folk-tradition recipes, rituals, and printables for personal use. It is not medical advice, and it is not a substitute for care from a licensed healthcare professional.

No Diagnosis, Treatment, or Claims

Nothing herein is intended to diagnose, treat, cure, or prevent any disease or condition. Statements have not been evaluated by the FDA (or your local regulatory body).

Personal Responsibility & Consent

By using this guide, you acknowledge that you are responsible for your own choices and well-being. Use your discernment and consult a licensed provider when appropriate. If any practice or ingredient doesn't feel right for you, skip it.

Allergies & Sensitivities

Always review ingredients for personal allergens (e.g., honey, citrus, peppers, herbs, spices). Start small, notice how your body responds, and discontinue use if discomfort occurs.

Special Populations

- Infants: Honey is not for children under 1 year.
- Pregnancy / Nursing: Consult a licensed provider before using herbal preparations or concentrated spices.
- Medical Conditions / Medications: If you live with gastrointestinal, metabolic, autoimmune, cardiac, kidney, liver, or bleeding disorders—or take prescription/OTC medications (including anticoagulants, immunosuppressants, diabetes or blood-pressure meds)—consult your provider before regular use.

Food Safety & Storage (General)

Use clean glass and tools; label jars with Made on / Best by / Ingredients. If you observe fuzzy mold, colored growth, unexpected fizzing, or off smells, discard immediately and start fresh. Cool to warm before adding honey or delicate sweeteners.

Recipe-Specific Notes

- **Fire Cider** (feral oxymel): Typically pantry-stable when made correctly with full-strength 5% ACV, solids fully submerged during infusion, well-strained, and not diluted with water/juice before storage. Refrigeration is optional but recommended to keep flavor bright and extend quality. If you test pH, aim for pH ≤ 4 after sweetening. May aggravate reflux/GERD—dilute, reduce, or avoid if sensitive.
- **Elderberry Syrup**: Cook elderberries thoroughly; raw/under-ripe berries and seeds can cause stomach upset—heat neutralizes those compounds. Refrigerate; typical home keeping ~4–6 weeks. For longer, use very clean bottles, add a small splash of brandy or ACV, or freeze in ice cubes. Discard if fermented/fizzy.
- **Golden Milk / Spiced Chai Concentrate**: Refrigerate about 1 week; freeze in cubes for longer. Black pepper is the traditional partner for turmeric; use lightly if sensitive. Turmeric stains—protect counters/textiles.
- **Autumn Simmer Pot** (Scent Ritual Only): Not for consumption. Bare simmer on low, keep water above ingredients, and never leave unattended. Some people and pets are scent-sensitive—ventilate or reduce spices.

Essential Oils & Topicals (if you choose to use them)

Essential oils are optional and potent. Dilute properly in a carrier if used on skin; patch-test and discontinue if irritation occurs. Avoid diffusing around infants, certain pets (especially birds/cats), and anyone with respiratory sensitivities.

Emergency & Adverse Reactions

If you experience signs of an allergic reaction or medical emergency (e.g., difficulty breathing, swelling, severe dizziness), seek emergency care immediately.

Liability

MoonWoven Sanctuary and its creator(s) are not liable for any adverse outcomes resulting from the use or misuse of this material. Use is at your discretion and risk.

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mystickristin@moonwovensanctuary.com

Print on cardstock (100%), cut along the lines, punch a hole, and tie with string—add recipe & date.

Fire Cider
oxymel

Storage: cool, dark place,
like a pantry or cupboard.

Batch #: _____
Made on: _____

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oxymel

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*Golden Milk /
Spiced Chai
Concentrate*



Storage: Refrigerate.
Shake before use

Batch #: _____
Made on: _____

*Golden Milk /
Spiced Chai
Concentrate*



Storage: Refrigerate.
Shake before use

Batch #: _____
Made on: _____

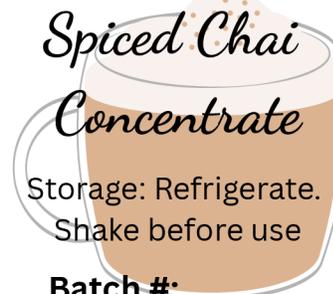
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Shake before use

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Made on: _____

*Golden Milk /
Spiced Chai
Concentrate*



Storage: Refrigerate.
Shake before use

Batch #: _____
Made on: _____

*Autumn Simmer
Pot Mix*

Not for consumption.

Empty into a small pot;
add water; bare simmer
on low

Batch #: _____

Made on: _____

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