

# Forsythia Spring Syrup

TASTE the SWEET FLAVOR of SPRING

## INGREDIENTS

Foraged forsythia blossoms, about 2 cups  
2-3 cups water  
Colander, cheese cloth or means to strain flowers from water  
½ cup honey  
Glass jar with lid



## TO MAKE IT

- Step 1: Gather forsythia blossoms with children.
- Step 2: Place flowers in large, heat-safe bowl. Rinse and set aside.
- Step 3: Bring water to a boil (a tea kettle is ideal here).
- Step 4: Pour boiling water over forsythia blossoms, then cover and set aside.
- Step 5: Let forsythia steep in the water for several hours or, better yet, overnight.
- Step 6: Strain liquid in colander lined with cheesecloth or paper towel OR strain in a mesh sieve.
- Step 7: Mix 1 cup of forsythia-infused water with ½ cup of honey.
- Step 8: Enjoy this sweet floral syrup with pancakes, plain yogurt, biscuits, or your favorite bread. It will store in the refrigerator for 2-3 weeks.

*NOTE: Set aside the spent blossoms for pulp if you're papermaking. Extra forsythia-infused water can be used to dye silk and wool roving or for beautiful yellow dyed homemade play dough.*

## MORE FORAGED RESOURCES

<http://www.healthygreenkitchen.com>

<http://www.TheNerdyFarmWife.com>

<http://www.bakersbrigade.com>

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