











































## FREE SPIRIT BITTERS

**YIELD: 8 OUNCES  
(240 ML)**

2 ounces (1/4 cup,  
or 60 ml) linden  
tincture

1 ounce  
(2 tablespoons,  
or 30 ml) blue  
vervain tincture

1 1/2 ounces  
(3 tablespoons,  
or 45 ml) rose  
tincture

1 ounce  
(2 tablespoons,  
or 30 ml) lemon  
balm tincture

1 ounce  
(2 tablespoons,  
or 30 ml) lemon  
verbena tincture

3/4 ounce  
(1 tablespoon plus  
1 teaspoon, or  
21 ml) mugwort  
tincture

1/2 ounce  
(1 tablespoon, or  
15 ml) motherwort  
tincture

1/2 ounce  
(1 1/2 teaspoons,  
or 10 g) raw honey

This unique blend, while possessing a strong bitter note, relies on highly aromatic herbs for both its signature flavor and medicinal activity. The herbs blend together well, leaving an impression that seems to capture the essence of a wildflower meadow at midsummer. The astringency is reduced by adding a touch of burdock root. A slight citrus finish mixes with a gentle, lingering bitterness, making this formula quite versatile and easy to mix with almost any cocktail, except perhaps those that emphasize nutty or chocolatey notes.

Our favorite way to take Free Spirit Bitters, however, is mixed with a little sweetness and a lot of sparkling water. In this way, in a dose of 1 or 2 teaspoons (5 or 10 ml), you get a refreshing, restorative beverage that doesn't rely on alcohol to help you transition from work to play.

The herbs in this formula noticeably adjust the levels of tension throughout our bodies, loosening tight necks and opening the circulation, but also helping restore creativity to a sluggish, distracted, uninspired mind. It's our go-to for getting into a creative workflow, to relax without being put to sleep. One side effect of note: Many report more interesting, vivid dreams after taking this formula (perhaps because of the mugwort, a noted dream enhancer).

**METHOD:** In an 8-ounce (240 ml) amber bottle, blend all ingredients together. Cover and shake well. Use about 1 teaspoon (5 ml) per dose, blended into cocktails, spritzers, or lemonade.

## FREE SPIRIT SPRITZER

You will need some simple syrup (made by heating equal parts granulated sugar and water until the sugar dissolves) to prepare this light, almost-zero-alcohol drink. It makes a great alternative to cocktails at any gathering, or anytime a little relaxation and inspiration are needed.

**YIELD: 1 SERVING**

1 tablespoon (15 ml) simple syrup

1 teaspoon (5 ml) Free Spirit Bitters  
(this page)

Sparkling water, for mixing

Spritz fresh lemon balm or lemon  
verbena, for garnish

In a highball glass, add the syrup and Free Spirit Bitters. Fill with ice and top off with sparkling water. Stir well to dissolve the syrup and blend the floral aromas. Garnish with the lemon balm or lemon verbena.

# DREAMING BITTERS

We use just a little raw honey to sweeten this powerful blend. The herbs it contains are linked to dreaming, restful sleep, relaxation, and the alchemy of night and early morning. It has pine and cedar notes from the mugwort and bay, but the lavender, which is quite bitter, rides over the formula with its slightly cooling signature. Lady's mantle adds a touch of acidity to balance the aromatic herbs. Drink it before bed, in a little water or a small cup of warm tea, or add it to drinks that feature an aromatic gin or Chartreuse.

**METHOD:** In an 8-ounce (240 ml) amber bottle, blend all ingredients together. Cover and shake well. Use as a stock bottle for refilling a 2-ounce (60 ml) dropper bottle. Use 15 to 30 drops to flavor cocktails and beverages, or up to 1 teaspoon (5 ml) in water to appreciate the formula's relaxing effects and tap into its reputed dream-enhancing abilities.

**YIELD: ABOUT  
8 OUNCES (240 ML)**

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4 ounces (1/2 cup,  
or 120 ml)  
mugwort tincture

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1 ounce  
(2 tablespoons, or  
30 ml) bay leaf  
tincture

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1 ounce  
(2 tablespoons, or  
30 ml) lavender  
tincture

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1 ounce  
(2 tablespoons, or  
30 ml) lady's  
mantle tincture

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2 tablespoons  
(40 g) raw honey

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# “ANGOSTURA” BITTERS

**YIELD: ABOUT  
7 OUNCES (210 ML)**

3 ounces (90 g)  
ripe raisins

1/4 ounce (7 g)  
galangal root  
powder

4 ounces (1/2 cup,  
or 120 ml) dark  
rum

3/4 ounce (22.5 ml)  
gentian root  
tincture

3/4 ounce (22.5 ml)  
orange peel  
tincture

1/2 ounce  
(1 tablespoon, or  
15 ml) cinchona  
tincture

1/4 ounce  
(1 1/2 teaspoons,  
or 7.5 ml)  
sarsaparilla  
tincture

1/4 ounce  
(1 1/2 teaspoons,  
or 7.5 ml)  
cinnamon tincture

1/4 ounce  
(1 1/2 teaspoons,  
or 7.5 ml) celery  
seed tincture

1/4 ounce  
(1 1/2 teaspoons,  
or 7.5 ml) hibiscus  
tincture

1 teaspoon (5 ml)  
clove tincture

1/2 teaspoon  
(2.5 ml) cardamom  
tincture

There are innumerable recipes for these classic bitters, beyond the one Dr. Johann Siegert trademarked in 1824. In the nineteenth century, medical journals provided formulas that contained everything from Angostura bark (*Angostura trifoliata*) to Indian sandalwood. The formula in use today contains no Angostura bark but, rather, uses gentian as its chief bittering agent.

Our blend draws from the classic texts and adds a little saltiness from celery seed and sourness from hibiscus, drawing out the general warming nature of these bitters. The major highlight focuses on the spices of the Caribbean, with allspice complemented by clove and a trace of citrus. The sweet notes come from ripe raisins—another secret ingredient from old medical texts.

Because this formula has a strong bitter base from the gentian and combines a little of all the other flavors, it is highly versatile. Use it to add more interest to a gin and tonic or alone in seltzer—and everything in between.

**METHOD:** In an 8-ounce (240 ml) Mason jar, combine the raisins and galangal powder. Pour in the rum. Using a muddler or metal fork, thoroughly mash the raisins. Add the remaining tinctures.

Cover and seal the jar. Allow the ingredients to blend for 2 weeks, and then strain, pressing on the leftover raisins thoroughly to ensure all the juice and sweetness are expressed. Transfer to an 8-ounce (240 ml) amber bottle and cap for storage.



# CLASSIC DIGESTIVE BITTERS

This complex formula gives insight into more advanced bitter-making techniques. It achieves a somewhat thicker, more velvety consistency with gum arabic (easily available online), the exudate of *Acacia senegal*, an African tree prized for its gummy sap. It also serves as an emulsifying agent, blending the herbs' flavors with a few drops of essential oils to enhance the formula's lively pungency dramatically. We insist on certified organic, food-grade essential oils for safety, even though the amount you ingest in a dose of bitters is a small fraction of a drop.

The final result is a versatile blend, balanced for wide applicability as a go-to alternative to your standard cocktail bitters, a remedy for heartburn, and a regulator of bowel function. It contains no laxative ingredients, so it can be used safely long term to enhance optimal digestion. Over time, this blend can help reduce sugar cravings, control excessive appetite, and train the palate to appreciate the flavors of simple cuisine. Keep some in a small spray bottle to take your bitters discretely with just a few pumps, whether to finish a cocktail or to prime your palate when out with friends.

**YIELD: 8 OUNCES  
(240 ML)**

1/2 teaspoon  
(about 3 to 4 g)  
gum arabic

1 ounce  
(2 tablespoons, or  
30 ml) water

2 ounces  
(1/4 cup, or 60 ml)  
dandelion root  
tincture

1 1/2 ounces  
(3 tablespoons, or  
45 ml) burdock  
root tincture

1 1/2 ounces  
(3 tablespoons, or  
45 ml) orange peel  
tincture

1/2 ounce  
(1 tablespoon, or  
15 ml) angelica  
root tincture

1/2 ounce  
(1 tablespoon, or  
15 ml) fennel  
tincture

1/2 ounce  
(1 tablespoon, or  
15 ml) gentian root  
tincture

1 teaspoon (5 ml)  
gingerroot tincture

1/2 teaspoon  
(2.5 ml) cardamom  
tincture

1/4 teaspoon  
(1.2 ml) clove  
tincture

1/4 teaspoon  
(1.2 ml) black  
pepper tincture

2 drops food-grade  
grapefruit essential  
oil

1 drop food-grade  
orange essential  
oil

1 drop food-grade  
lemongrass  
essential oil

**METHOD:** In a small container, slowly add the gum arabic powder to the water, stirring constantly with a fork or whisk, until a thick and velvety fluid results. Set aside. Combine the tinctures in a 16-ounce (about 500 ml) measuring cup. Add the gum arabic slurry and stir well. Transfer the mixture to an 8-ounce (240 ml) amber glass bottle.

Add the essential oils. Cap and shake well. Use as a stock bottle for refilling either a 2-ounce (60 ml) dropper bottle or a small food-grade spray bottle. Use between 30 drops and a 1/2 teaspoon (2.5 ml).





















## IMMUNE BITTERS

**YIELD: ABOUT  
8 OUNCES (240 ML)**

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3 ounces  
(6 tablespoons, or  
90 ml) astragalus  
tincture

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2 ounces (1/4 cup,  
or 60 ml) ginseng  
tincture

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1 1/2 ounces  
(3 tablespoons,  
or 45 ml) reishi  
tincture

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1 ounce  
(2 tablespoons, or  
30 ml) schisandra  
tincture

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1 teaspoon (5 ml)  
ginger tincture

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The herbs and mushroom in this blend aren't incredibly bitter, and the mix overall is well balanced and goes well in almost anything, from soup to tea to a range of cocktails. Try it mixed with Irish whiskey with just a touch of lemon, or add it to rum and a strong ginger beer. The most prominent flavor comes from the complex, warm, almost floral schisandra, tipped further into the warming end of the spectrum with just a touch of ginger.

Its versatility will, hopefully, make this blend prominent in your life, because it is made from the most prized tonics that come to us from the Chinese herbal repertory. Each is legendary and features in formulas for longevity, good health, and reduced stress. When you put them together and take them regularly, you have a recipe for improving the immune system's ability to ward off illness and fatigue. It's something we take regularly starting in the fall, or whenever we're worried about getting run-down. Yes, it's a good, gentle, adaptable bitter, but, at higher doses, it exemplifies the best qualities of a classic herbal tonic.

**METHOD:** In an 8-ounce (240 ml) amber bottle, blend the ingredients together. Cover and shake well. Use at least 1 teaspoon (5 ml) as a dose, although up to 1/2 ounce (1 tablespoon, or 15 ml) is fine mixed with other beverages or cocktails. For best results, consume at least 1 or 2 teaspoons (5 to 10 ml) a day.

# OPEN HEART BITTERS

These bitters are a deep red color, loaded with the pigments from hawthorn berry, which is, perhaps, the finest tonic for the cardiovascular system. It helps control blood pressure and keeps the heart healthy, all the while being safe to take alongside conventional medications. The addition of yarrow and linden, two classic summer flowers, act as gentle circulation openers. Thought to be useful for fevers, they are also gentle non-sedating relaxants, and herbalists say they help keep our hearts open to love and emotion. This may be true, but I can definitely attest to the fact that regular use of these bitters helps you feel warmer and less tense.

For the full medicinal benefits, a higher dose (1 to 2 teaspoons, or 5 to 10 ml) is recommended. This makes it useful to use these bitters as a larger part of a daily cocktail, or simply mixed with seltzer water as a daily heart tonic.

**METHOD:** In an 8-ounce (240 ml) amber glass bottle, blend the tinctures together and cap for storage.

**YIELD: 8 OUNCES  
(240 ML)**

4 ounces  
( $\frac{1}{2}$  cup, or  
120 ml) hawthorn  
berry tincture

2 $\frac{1}{2}$  ounces  
(75 ml) linden  
flower tincture

1 $\frac{1}{2}$  ounces  
(45 ml) yarrow  
flower tincture

## OPEN HEART COCKTAIL

*This pairs the strengths and flavor profile of the bitters with the floral, circulatory-enhancing quality of elderflower and the bright herbal notes of gin (try an aromatic variety like The Botanist). Dilute it a little more or a little less, depending on your preference.*

**YIELD: 1 COCKTAIL**

1 ounce  
(2 tablespoons,  
or 30 ml) gin

1 ounce  
(2 tablespoons,  
or 30 ml) St.  
Germain or other  
elder flower liqueur

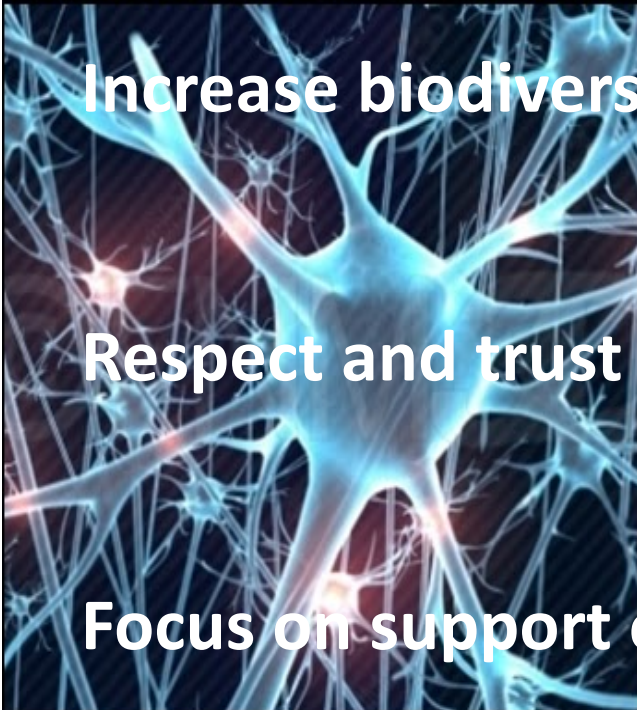
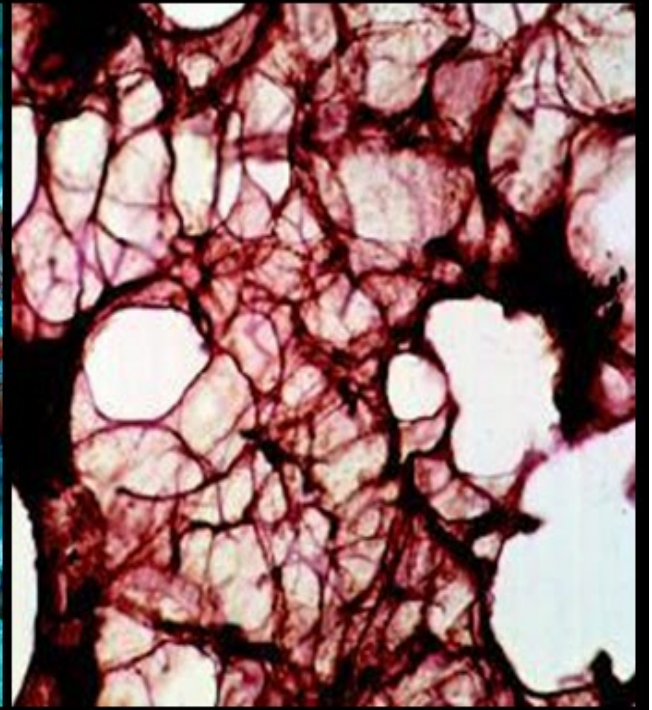
1 tablespoon  
(15 ml) Open Heart  
Bitters (this page)

1 ounce  
(2 tablespoons, or  
30 ml) seltzer  
water

**METHOD:** In a cocktail glass filled with ice, combine the gin, St. Germain, bitters, and seltzer water. Stir to combine and enjoy!







**Increase biodiversity**

**Respect and trust the living system**

**Focus on support over control**