**Healthy Helpful Herbal Infusions for the Childbearing Year**

 During pregnancy the following infusion works as the best most absorbable nourishing tonic you can find. And it all comes from the Earth! Also, all of these plants are local to the Michigan bioregion! You can obtain food grade loose herbs for these infusions from your local food co-op, (Ypsilanti Food Co-op is my favorite if you live near) health-food store, at mountianroseherbs.com or other websites, or you can ask your midwife to get them for you.

 What you’ll need:

* 2- 2 quart glass/food safe ceramic mason jars, or other glass 2 quart containers. Do NOT use plastic or metal! And their lids. (Metal/plastic lids are okay though)
* Stainless steel fine strainer or cheese cloth.
* Non-aluminum pot or kettle to boil to 2 quarts water in.
* ½ Cup Raspberry Leaf
* ½ Cup Nettle Leaf
* 1/3 Cup Red Clover Flowers
* 1/3 Cup Alfalfa
* 1/3 Cup Rosehips
* 1 pinch Spearmint to taste

DIRECTIONS:

1. Measure out all herbs, and then either wrap them in cheese cloth, or put them in loose into a clean dry empty jar. Boil 2 quarts of water. Once at a rolling boil, remove the water from the stove and pour it over the herbs in the jar. Poke herbs down with a knife as they will float, or wait a bit for them to settle and then top off jar with water. Wait a few minutes to cool and then cover with lid.
2. Let the herbs steep at least 4 hours. Overnight is even better! Leave out on the counter, in the morning refrigerate.
3. Once steeped, you then strain out the herbs while pouring the liquid into your second jar, and wring out the cheesecloth. (if used)
4. Drink cold with ice, lemon and honey, or with your favorite juice, or reheat on the stove cup by cup if you like. Some women freeze theirs into ice cubes. Get creative and enjoy!

1st Trimester: Drink 8-16oz a day

2nd Trimester: Drink 16-32oz a day

3rd Trimester: Drink 32oz a day

A 2 quart jar should last 2-4 days in the fridge after steeping.

\*\*TIP: Wash out jar 1 and dry it and store your measured out herbs for the next batch\*

**When Nursing**

**Using the same method as above change the herbs to:**

* ¾ cup Nettle Leaf
* ¼ cup Oat Straw
* ¼ cup Red Clover
* ¼ cup Alfalfa
* ¼ cup Lemon balm
* 1-2 Tbs Hibiscus
* 1-2 Tbs, or to taste lemongrass