



Wild Foraged Elixers

In Central Oregon, we've got some amazing wild botanicals that can make your water more refreshing and functional. Here are a few things you can forage and infuse into your water:

1. Pine & Fir Tips

- Young Douglas fir or ponderosa pine tips (spring/summer) add a citrusy, slightly resinous flavor and are packed with vitamin C and antioxidants.
- Crush and steep in cold or warm water for a refreshing, foresty twist.

2. Wild Mint

- Found along creeks and wet areas, wild mint is cooling, refreshing, and great for digestion.
- Add fresh leaves to your water, or muddle them for extra flavor.

3. Lemon Balm

- A nervine herb that grows in gardens and wild spaces—lightly citrusy and calming.
- Perfect for infusing in cold water for a gentle mood boost.

4. Yarrow Flowers & Leaves

- Slightly bitter with a mild floral taste—great for circulation and immune support.
- Use fresh or dried in water (not too much; it's strong!).

5. Elderflowers

- If you find elder trees (near rivers and streams), the blossoms have a lightly floral, honey-like taste.
- Great for immune support and a subtle sweetness in your water.

6. Rose Hips or Petals

- Wild rose hips are packed with vitamin C, and fresh petals add a gentle floral note.
- Crush the hips or float petals in your water for a light infusion.

7. Juniper Berries

- Common in Central Oregon—juniper berries have a piney, slightly citrusy taste.
- Use sparingly (they're strong!) and crush them slightly before infusing.

8. Huckleberries or Wild Raspberries

- A touch of wild berries adds natural sweetness and antioxidants.
- Mash them lightly before adding to water.

9. Wild Chamomile (Pineapple Weed)

- Found along trails and disturbed areas—it smells like pineapple and is calming.
- Use fresh flowers for a light, tropical-like infusion.

Here's how to infuse your foraged finds for the best flavor and benefits!

Cold Infusion (Best for Delicate Flavors & Heat-Sensitive Nutrients)

This method preserves vitamin C, antioxidants, and delicate floral notes.

How to do it:

- Rinse your foraged ingredients well.
- Lightly crush or muddle ingredients (especially berries, juniper, pine tips).
- Add to a glass jar or pitcher with filtered water (1-2 tbsp of plant material per 16 oz).
- Let it infuse in the fridge for at least 4-8 hours (overnight is best).
- Strain and enjoy! Add ice or a squeeze of lemon if desired.
- Best for:
 - Lemon balm, wild chamomile, rose petals, elderflowers, huckleberries, and pine tips.

Hot Infusion (Best for Releasing Deep Flavors & Medicinal Properties)

Great for stronger herbs like yarrow, juniper, and pine tips.

How to do it:

- Boil water, then let it cool slightly (~180°F to avoid destroying delicate compounds).
- Add your herbs/berries to a heat-safe jar or teapot.
- Pour hot water over them, cover, and steep for 10-20 minutes.
- Strain and enjoy warm, or let cool and sip throughout the day.
- Best for:
- Yarrow, juniper berries, pine tips (stronger flavor when steeped warm), and wild mint.

Sun Infusion (Best for Slow Extraction & Vibrant Flavor)

A fun way to infuse water with a gentle heat source!

How to do it:

- Fill a glass jar with cool water and your foraged herbs.
- Cover and place in direct sunlight for 2-4 hours.
- Strain and enjoy!
- Best for:
- Elderflowers, lemon balm, wild chamomile, rose petals.

Bonus: Herbal Ice Cubes!

Want to keep things extra refreshing?

- Make a strong infusion (hot or cold).
- Pour into ice cube trays and freeze.
- Drop herbal cubes into your water whenever you need a boost!

Calming & Stress Support

Infusion: Lemon Balm + Wild Chamomile (Pineapple Weed) + Rose Petals
Lightly floral and citrusy—perfect for unwinding.

Contraindications:

Lemon balm may lower thyroid function in some individuals (caution with hypothyroidism).

Chamomile is in the ragweed family—avoid if allergic.

Hydration & Electrolyte Boost

Infusion: Wild Mint + Juniper Berries + Huckleberries

Mint is cooling, juniper adds a piney citrus note, and berries provide antioxidants.

Contraindications:

Juniper berries should be used in small amounts and avoided in pregnancy/kidney issues.

Wild mint can sometimes lower blood pressure.

Immune & Circulatory Support

Infusion: Pine Tips + Yarrow + Elderflowers

Pine is high in vitamin C, yarrow supports circulation, and elderflower is great for immunity.

Contraindications:

Yarrow can thin blood (caution if on blood thinners or before surgery).

Elderflower should not be consumed in large amounts during pregnancy.

Energizing & Mental Clarity

Infusion: Pine Tips + Juniper Berries + Wild Mint

Crisp and refreshing, with a slight citrusy-pine kick.

Contraindications:

See juniper and mint cautions above.

Skin & Beauty Blend

Infusion: Rose Hips + Elderflowers + Huckleberries

High in vitamin C and antioxidants for skin health.

Contraindications:

Rose hips can act as a mild diuretic.

Elderflowers (see note above on pregnancy).

Cooling & Digestive Support

Infusion: Wild Mint + Lemon Balm + Rose Petals

Soothing for digestion and cooling on a hot day.

Contraindications:

See lemon balm and mint cautions above.