

Cerridwen's Cauldron

Inspired Recipes



Mullein Salve

INGREDIENTS:

Step One:

Infused mullein oil

1. dried mullein leaves
(approximately 28.3 grams)
2. carry oil (your choice of olive, almond, sunflower, or whatever you like to use as a carry oil)



DIRECTIONS:

1. Fill a clean glass container with dried mullein leaves
2. Fill container to the top with carry oil of choice
3. Stir gently with a fork and place lid on container
4. Set the container by a sunny window for three weeks. Each week shake it gently with gratitude

STEP TWO ON NEXT PAGE

Recipe Created by Cerridwen Priestess Chef

Sadie Laurenti Whitley 2023

STEP TWO - THE MULLEIN SALVE

INGREDIENTS:

- 225 ml of infused mullein oil
- 7 drops of lavender essential oil
- 225 grams of organic beeswax



DIRECTIONS:

1. Strain mullein oil in a glass container with a cotton cloth or fine muslin cloth. You want to be sure to strain it with a cloth that will absorb the mullein hairs that can possibly irritate skin.
2. Measure 225 ml of infused oil and set aside
3. Prepare two glass or tin containers (250 ml)
4. In a double boiler (bain-marie), melt beeswax in a heat proof bowl. Be sure that the steam does not reach inside the bowl.
5. When beeswax is melted, add mullein oil and stir well with a wood stick (I use a food stick).
6. Remove from heat and place the drops of lavender and stir gently.
7. Pour into containers and let it cool completely
8. Label containers with name and date
9. This salve is good for up to a year. Store in cool place or in refrigerator.

Recipe Created by Cerridwen Priestess Chef

Sadie Laurenti Whitley 2023

Notes from Priestess Chef Sadie:

Organic ingredients were used to create this lovely mullein salve. I used Mary Tylor Naturals Beeswax which is easily accessible to me in America.

Cerridwen's wheel has changed again and we are embracing the warm weather ahead, and the Mullein will soon be growing wild on the fields and mountains of Montana. I'll be spending some time in Montana again this summer which is one of my favourite homes away from home and absolutely breathtaking. Sadly, the state of Montana consider Mullein an invasive wild plant, so a lot of effort is being made to reduce the growth of Mullein however, to no avail. I on the other hand love seeing the Mullein all over the fields and by the rivers, the yellow tall Mullein is truly breathtaking.

We welcome the new season on Cerridwen's Wheel with Mullein. I created a lovely salve to moisturize the skin (not for the face). It is used for dry skin or lips or as a healing salve for minor scrapes on skin.

Mullein leaves are very healing as are the flowers. Each part of the Mullein plant can be used as a healing herb. You can make a tea with the leaves which have a slight peppermint flavour. The flowers can also be used in salads or to create infusions for salves, lotions, soaps, etc. Mullein is also known for its healing properties for the lungs, coughs, respiratory, asthma and colds. When combined with other essential oils such as eucalyptus, it can be used as a chest rub.

If you have your own simple salve recipe, try making a mullein salve and let me know what essential oils you add that you enjoy. I used lavender as it is one of my favourite scents and flavours on Cerridwen's wheel.



Recipe Created by Cerridwen Priestess Chef

Sadie Laurenti Whitley 2023