

LILAC AND HONEYSUCKLE
Making Tinctures and Absolutes
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I want to remember the aroma of flowering lilac and honeysuckle, but a quick call around and Internet hunt found that these two flowers don't go into oils easily and almost no one has tinctures or absolutes of them available, so I made my own.

Today I picked flowers, mainly Honeysuckle and Lilacs, to make a tincture or absolute from them so that I can have their aroma when the snow is on the ground.

I filled two Mason-sized jars (actually empty Classico jars, my favorite store-bought red sauce is Four Cheeses) with flowers. It was actually a great feeling being out there picking flowers in the sun.

For those who might like to do it, here is how. It is easy.

- (1) Fill a quart jar (or any size) with fresh (or dried) flowers to the brim.
- (2) Tamp down the flowers as much as you can to compress them.
- (3) Pour over the flowers in the jar grain alcohol or the highest proof Vodka that the law allows. Michigan allows 150 proof grain alcohol, so I used that. I don't drink the stuff.
- (4) Store for two or more weeks in a dark place, shaking the jar once every day or two.
- (5) Drain the resulting mash through a strainer, like an old nylon stocking. Retain the liquid.
- (6) Put the resulting fluid in a dark glass bottle and store. OR, put the strained liquid in an open glass jar and put it in the freezer. The oil will coagulate but the alcohol will not freeze. You can pick out the coagulated oil and place it in a small dark-glass bottle for aroma as needed.
- (7) You can do this with any flower or herb.

In the photo, the Honeysuckle is on the left and the lilacs are on the right.

